

# SallyBee



Campaigning for people to "Season with Sense"



## SALLY BEE'S EGG & TUNA FILO MUFFINS

 **Prep: 10 minutes**

 **Cook: 25 minutes**

 **Serves: 6 muffins**

### INGREDIENTS:

- Drizzle of olive oil
- 1 onion, diced
- 1 teaspoon smoked paprika
- 4 sheets Filo pastry
- 5 eggs
- Freshly ground black pepper
- Pinch **LoSalt**
- Handful fresh chopped parsley
- 110g can tuna fish, drained
- 10g grated mature cheddar cheese

### METHOD:

1. Pre-heat the oven to 160°C.
2. Add a drizzle of olive oil to a hot pan, add the onion and cook for 3-4 mins until starting to colour.
3. Next add 1 teaspoon of smoked paprika. Stir and sauté for a further 2 minutes, then set aside.
4. Meanwhile, take 4 sheets of Filo pastry and cut into squares, big enough to line 6 muffin tray holes. Place 3 squares of pastry into each of the 6 holes.
5. Now, beat the eggs and season with black pepper and a pinch of **LoSalt**.
6. Add the sautéed onions, the chopped fresh parsley and the drained, flaked tuna fish.
7. Stir well and pour into the 6 pastry muffin holes.
8. Sprinkle on top with the grated cheese.
9. Now pop in the oven for 12-15 min until the egg is cooked and the pastry is golden.
10. Serve warm or cold.

If you take some types of medication that affect potassium levels, **LoSalt** and other reduced sodium salt alternatives may not be suitable for you. Check with your GP for advice