



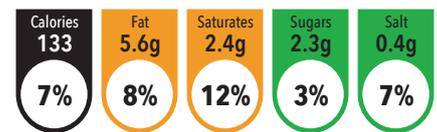
LEEK & RICOTTA MUFFINS

 **Prep: 20 minutes**

 **Cook: 20 minutes**

 **Makes: 12**

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 1 tbsp rapeseed oil
- 1 leek, thinly sliced
- 2 cloves garlic, crushed
- 25g pack chives, chopped
- 1 tsp mustard
- 2 medium eggs, beaten
- 25g unsalted butter, melted
- 150g ricotta
- 225g wholemeal self-raising flour
- 1/2 tsp **LoSalt**
- 100ml semi-skimmed milk
- Sliced tomatoes to serve

METHOD:

1. Preheat the oven to 200°C, gas mark 6. Grease a 12 hole muffin tin.
2. Heat the oil in a frying pan and fry the leeks and garlic for 4-5 minutes. Stir in the chives, reserving a few for garnish, and the mustard. Season with black pepper.
3. Whisk the eggs, butter and ricotta together in a large bowl and stir in the leek mixture. Fold in the flour, **LoSalt** and milk. Spoon into the muffin tin and bake for 20 minutes until golden.
4. Allow to cool slightly before removing from the tin.
5. Serve halved and topped with sliced tomatoes and a scattering of chives.