



Mexican Veggie Tortilla Pies

(Make 8 cups - can be refrigerated for up to 2 days & reheated in oven)

Ingredients

Muffin baking trays

1 Tbsp vegetable oil, plus more to drizzle

1 courgette, diced into 1cm cubes

1 red pepper, diced into 1cm cubes

130g corn kernels

3 spring onion (finely sliced)

1/2 tsp ground cumin

1/2 tsp paprika

1/2 tsp freshly ground black pepper

1 pinch salt

8 flour tortillas

250ml milk

4 eggs

100g cheese, grated

15g fresh coriander leaves, torn

125g Greek yoghurt

1 tomato, finely diced, to garnish

1 avocado, diced, to garnish

Instructions

Preheat the oven to 180C. Lightly grease the muffin baking trays with a drizzle of oil and set aside.

Warm the oil in a large frying pan over a medium heat.

Add all of the vegetables and stir fry for 3-4 minutes until tender. Add the salt, spices and fry for 1 minute until fragrant. Remove from the heat and set aside to cool.

Warm the tortillas in a microwave for 30 seconds until pliable. Fold tortillas into quarters, then open at the wide end to make a cone shape.

Squash the cones into the greased muffin baking tray, flattening the point slightly, to fit. Trim the edges with scissors if needed.

Whisk the milk and eggs together. Spoon the cooked vegetables into the tortilla cups then pour over the egg mixture evenly between the cups (do not worry if this leaks a little). Sprinkle with the cheese and coriander.

Transfer the cups to the oven and bake for 15-20 minutes until the egg is set and golden. Remove from the oven and allow to cool for 2-5 minutes before serving.

Remove the tortilla cups from the baking trays. Garnish each with a small spoon of yoghurt, topped with a sprinkle of tomato and avocado.