



Turkey and peas muffins

30'

Hands on

30'

Cook Time

12

Portion(s)

2

Difficulty



Method

For the dough

- Preheat the oven to 180° C (350° F) set to fan.
- In a **bowl** , add the flour with the butter and mix with your hands until the ingredients are homogenized.
- Add the salt and the pepper.
- Mix until there is a uniform and malleable mixture. (If your dough is too crumbly, add 1 teaspoon cold water).
- Place the special **baking cups** into the **muffin pan** .
- Divide the dough into the 12 cups and press with your fingers so that the dough covers the bottom and slightly the sides of each cup.
- Bake for 15 minutes.
- Take the muffin pan out of the oven and set aside until needed.

For the filling

- Mix the gruyere with the flour and divide the mixture in the bottom of each dough that you just baked.
- **Cut** the turkey slices into 2 cm cubes.
- Divide the turkey pieces over the gruyere mixture.
- Divide the peas along with the turkey.
- In a **bowl** , mix the eggs and the heavy cream with a hand whisk, then add the finely chopped parsley and the mustard until the mixture is homogenized. Divide the mixture into the cups by filling them $\frac{3}{4}$ high.
- Bake for 30 minutes, until the filling thickens.
- Let them cool slightly, sprinkle with parsley, take them out of the cups, and **serve** .

Ingredients

For the dough

- 140 g all-purpose flour
- 100 g butter, ice-cold
- salt
- pepper

For the filling

- 50 g gruyere, grated
- 30 g all-purpose flour
- 100 g smoked turkey in slices
- 50 g peas, defrosted
- 4 medium eggs
- 250 g heavy cream
- 2 tablespoons parsley, finely chopped
- $\frac{1}{2}$ teaspoon mustard powder

Διατροφικός πίνακας

Nutrition information per portion

201 Calories (kcal)	14.0 Total Fat (g)	8.3 Saturated Fat (g)	12.0 Total Carbs (g)
10%	20%	42%	5%
0.7 Sugars (g)	6.4 Protein (g)	1.1 Fibre (g)	0.36 Sodium (g)
1%	13%	4%	6%