



Turkey and vegetable savory flans (enriched)

Ingredients (serves 2)

80 g turkey breast	Nutmeg
75 ml whole milk (lactose-free in case of intolerance)	Extra virgin olive oil
50 ml heavy cream (lactose-free in case of intolerance)	Salt (skip in case of hypertension or fluid retention)
25 g onion	50 g green pepper
1 egg	50 g spinach
Pepper	25 g courgette

Method

1. Cut the turkey into strips.
2. Peel and chop the onion.
3. Wash and cut the vegetables.
4. Cook the turkey in a pan with a drizzle of olive oil until brown with a pinch of salt. Set aside.
5. In the same pan sauté the onion.
6. When the onion begins to turn brown, add the rest of the vegetables.
7. Cook until very tender. Reserve.
8. In a big bowl, mix the egg, milk, liquid cream, cooked vegetables, and turkey. Add a pinch of salt, pepper, and nutmeg.
9. Blend until homogeneous.
10. Put the mixture into two individual oven-suitable moulds.
11. Bake at 140°C for forty to forty-five minutes, so the mixture sets.

Recommendations

Serve with whole or high protein yogurt mixed with chopped herbs, salt, and pepper.

Replace the turkey for chicken if desired.

Vegetables can be varied according to preference or according to season.