



Turkey and vegetable savory flans

Ingredients (serves 2)

80 g turkey breast	Pepper
125 ml oat milk	Nutmeg
25 g onion	Extra virgin olive oil
1 egg	Salt (skip in case of hypertension or fluid retention)

Option 1

50 g green pepper
50 g spinach
25 g courgette

Option 2

50 g red pepper
50 g carrot
25 g tomato

Method

1. Cut the turkey into strips.
2. Peel and chop the onion.
3. Wash and chop the vegetables (option one or option two).
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 vegetables.
7. In a big bowl, mix egg, oat milk, cooked vegetables, and the turkey. Add a pinch of salt, pepper, and nutmeg.
8. Blend until homogeneous.
9. Put the mixture into two individual oven-suitable moulds.
10. Bake at 140°C for forty to forty-five minutes, so the mixture sets.
11. Cool, take out of the moulds and serve cold or at room temperature.

Recommendations

You can also replace the turkey with chicken and use cow milk instead of the oat milk if there is no lactose intolerance. Vegetables can be varied according to preference or according to season.