

## Quinoa & kale muffins - makes 8



### Ingredients

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| <ul style="list-style-type: none"><li>• olive oil</li><li>• ½ a small shallot</li><li>• 1 clove of garlic</li><li>• 50 g kale</li><li>• 4 large free-range eggs</li></ul> | <ul style="list-style-type: none"><li>• 200 g cooked leftover quinoa</li><li>• 100 g ground almonds</li><li>• 85 g feta cheese</li><li>• 1 ripe avocado</li><li>• 1 small bunch of chives</li></ul> |
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### Method

1. Preheat the oven to 180°C/350°F/gas 4. Line a muffin tray with paper cases and grease them with oil.
2. Peel and finely chop the shallot. Peel and crush the garlic, then finely chop the kale.
3. Beat the eggs in a large bowl, then add the shallot, garlic, kale, quinoa and almonds. Crumble in the feta.
4. Mix well, then season to taste.
5. Spoon the mixture evenly into the cases and bake for 20 to 25 mins, or until golden brown.
6. Halve and destone the avocado, then scoop out and mash the flesh. Season. Finely chop the chives.
7. Serve the muffins topped with mashed avocado, chives and a pinch of black pepper.

*Recipe from Jamie Oliver brought to you by*

