

Salmon muffins



2 people

10 min preparation time

5-20 min cooking time

All ingredients

1 tin of 60 g [la belle-iloise salmon and tarragon cream](#)
30 g flour
1/2 egg
1/2 tablespoon whipping cream
35 g courgette
1/4 sachet baking powder
25 g fromage blanc
Salt
Pepper

Steps

- 1- Finely dice the courgette (2 millimetre cubes)
- 2- Mix all the ingredients in a bowl
- 3- Fill buttered ramekins or mini paper muffin cases
- 4- Bake in the oven at 350°F (gas mark 6/7) o ramekins: approximately 15 to 20 minutes o paper cases: 5 to 10 minutes
- 5- Serve warm