



Impress your breakfast guests with something a little different. This oven-baked recipe saves you from 'slaving over a hot stove'.

Serves 2

Mini ham and herb soufflés

- INGREDIENTS**
- butter or oil spray, for greasing
 - 2 slices shaved leg ham
 - 2 eggs, beaten
 - 1 tablespoon sour cream
 - 1 teaspoon water
 - ½ teaspoon baking powder
 - 1 teaspoon parsley, finely chopped
 - 1 teaspoon chives, finely chopped
 - ½ cup (60 grams) tasty cheese, grated

This recipe can be multiplied for larger quantities. To save time, the mixture can be prepared the night before and kept in the refrigerator.

STEP BY STEP

- 1 Preheat the oven to 180°C.
- 2 Grease the soufflé dishes with butter or spray with oil.
- 3 Line the base of the dishes with ham.
- 4 Combine the eggs, sour cream, water, baking powder and herbs then stir in the cheese.
- 5 Pour the mixture into the soufflé dishes and bake for 12–15 minutes, or until set.
- 6 This could be served with wholegrain toast and roasted tomatoes.

Place the soufflé dishes on a baking tray as this makes it much easier to remove them from the oven when they are hot.