

Turkey Cups



SERVES 1-2

Ingredients

1 slice of turkey breast
1 whole egg
½ teaspoon paprika
1 teaspoon curry powder

1 teaspoon pepper
Pinch salt
Spray olive oil

Instructions

Use the spray olive oil to grease one of the muffin tin circles.

Place the slice of turkey into the muffin tray so it covers the bottom and sides.

In a small bowl mix the egg, paprika, curry powder, pepper and salt together and pour into the turkey breast (there may be enough egg mixture to use 2 slices of turkey breast).

Place muffin tray into the oven for 5-10 minutes until cooked.

