

## Hot Salmon Flan

3 spring onions, chopped  
350g (12oz) Scottish salmon skinless fillet, cut into cubes  
1 medium courgette, finely sliced  
3 medium eggs  
30mls(2tbsps) skimmed milk  
Freshly milled salt & pepper  
25g (1oz) mature cheddar shavings

1. Pre-heat oven to 190°C (Gas Mark 5)
2. In a bowl, beat eggs and add seasoning
3. Add all the other ingredients apart from the cheese
4. Pour into flan case & top with cheese shavings
5. Bake for 20-25 minutes to cook salmon & set flan without over-browning pastry

