

Egg Flan (Serves 4-6)

Ingredients

2 tablespoons MCT Oil

30g flour

300ml vegetable stock (1 stock cube)

2 hardboiled eggs – check fat exchange list for fat content

Salt & pepper

1 baked 7” pastry case (short crust pastry recipe provided)

Parsley, to garnish

Method

1. Heat the oil gently, stir in the flour and cook for 1 minute.
2. Gradually add the stock, stir well and bring to the boil.
3. Slice the hardboiled eggs and remove the yolks.
4. Chop the white of one egg and stir into the sauce, season to taste and turn into the prepared pastry case.
5. Garnish with rings of second egg white and sprigs of parsley.
6. Serve hot or cold.

Other Filling Ideas

Smoked haddock, spinach or tomatoes

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics