

# Little Carrot & Courgette Flans



**Serves 5**

**Prep 10 mins**

**Cooking 10 mins**

**Easy**

## **Ingredients**

2 Courgettes  
2 carrots  
1 shallot, finely diced  
4 eggs  
300ml milk  
2 tbsp thick crème fraîche  
28g (1 oz) melted butter  
1 tbsp flour

1. Peel the carrots and top and tail the courgettes. Wash and grate the vegetables, then sweat them in a non-stick pan for 2 mins at low heat without adding any fat. Add the onion and pepper and mix well.
2. In a bowl mix the eggs, the flour, the milk and the cream and add the cooked vegetables. Butter the ramekins and fill them.
3. Cook for 10 mins in a microwave oven at 850W and serve straight away.

Great with roasted sweet potato wedges. Wash 3 sweet potatoes & microwave on 850W for 8 mins. Peel & cut into wedges. Drizzle with 2 tbsp of olive oil & cook for 30 mins in the oven at 200C/ 180C Fan/ Gas 6.