



## Savoury bread cases

**A tasty and easy way to feed hungry mouths! Perfect cold in a packed lunch or picnic, or as a filling snack.**



Time to prepare: 15 minutes



Time to cook: 15 minutes



Serves 6



Suitable for vegetarians

### Ingredients

- 12 slices wholegrain bread, crusts removed
- 2 tablespoons margarine

- 1 cup fillings (see suggestions below)
- 4 eggs
- 3 tablespoons milk
- black pepper

## Method

1. Preheat oven to 200 degrees.
2. Slightly flatten bread with a rolling pin to make shaping easier.
3. Spread margarine thinly on one side of the bread.
4. Press bread slices into muffin tins (margarine side down).
5. Divide your choice of fillings evenly between the bread cases.
6. Whisk eggs and milk together in a mixing bowl.
7. Pour the egg mixture on top of the fillings. Sprinkle with black pepper.
8. Bake for 15 minutes or until the cases are golden and the egg is set.

## Notes

We like these filling combinations: - grated zucchini, chopped tomato and grated cheese - sliced ham and crushed pineapple - baked beans and grated cheese - frozen corn kernels, sliced ham and diced red onion - sliced mushroom, sliced spring onion and chopped spinach Tip: This recipe is a great way of using up stale bread. You can use tortillas instead of bread if you have them.

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**Always popular and so easy! Serve as a dip with fresh crusty bread and vegetable sticks.**

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## Pizza torpedoes

**These are a great addition to any lunchbox or a tasty treat at children's parties and family get-togethers. Toppings can easily be changed to suit. Get the kids to help grate and spread toppings - or even design their own unique topping combinations.**

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