

Spinach stuffed beef "muffins"

INGREDIENTS

1 Kg Beef mince
3 Tsp Black pepper
2 ½ Tsp Salt
1 Tsp Cumin
1 Tsp Coriander
12 rashers of bacon
300g creamed spinach

Additional:

1 Cup grated cheese



METHOD

Mix all the ingredients (apart from creamed spinach and bacon).

Using a giant muffin pan, line each cup with a slice of bacon. Divide the mince into 12 balls and add each to a cup. Press into the cup and create a hole in the middle of each "muffin".

Spoon 1 -2 tsp of the creamed spinach into each muffin.

Bake for 20 min at 150 C.

You can add grated cheese over each muffin (if desired) for the last 5 min of baking.



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