

# EGG FRITTATA MUFFIN

SERVES

6

## EQUIPMENT

Muffin tray or muffin cups

Whisk or fork

Vegetable knife

Jug

Tablespoon

## INGREDIENTS

2 tps olive oil to grease  
oven tray

1 tsp mixed herbs,  
chilli powder, paprika

2 tbsps milk or water

6 large eggs

Pinch black pepper

Add a mixed handful of:  
spring onions, chopped  
tomatoes, feta cheese,  
peppers, mushrooms,  
smoked salmon,  
spinach, thinly sliced  
courgette

**SUITABLE AS AN  
EASY-TO-CARRY SNACK,  
BREAKFAST, PART  
OF LUNCH OR DINNER.  
USE LEFTOVERS AND  
BE CREATIVE WITH  
INGREDIENTS, INCLUDING  
VEGETABLES, MEAT, FISH,  
CHEESE, SEEDS OR  
SPICES. THEY CAN BE  
EATEN COLD OR HOT.**

## METHOD

1. Preheat your oven to 200°C, fan oven 180°C, gas mark 6 and grease your muffin tray.
2. Use a jug to beat the eggs, add the milk or water with black pepper to taste.
3. Add vegetables and cheese or fish of your choice into each muffin base.
4. Pour the egg mixture on it.
5. Place the muffin tray on the middle shelf of the oven and bake for 20-25 minutes or until the muffins are light brown, puffy and the eggs are set.
6. Let the muffins cool down before removing them from the tray, loosen gently with a knife if they seem to be sticky.
7. Eat immediately or leave to cool and store in the fridge or freezer in a container.

