

Egg Muffins



Ingredients:

(Serves 2)

4 eggs

1 cup assorted vegetables of choice

Oil

Salt and pepper

Grated cheese (optional)

Method:

1. Grease muffin tin liberally.
2. Preheat oven to 160 degree C.
3. Lightly beat 4 eggs.
4. Dice vegetables into small pieces (carrots, red peppers, onions and mushrooms were used in the muffins shown).
5. Heat a little oil in a frying pan.
6. Saute vegetables lightly for 5 minutes until softened.
7. Season with salt and pepper.
8. Add the cooked vegetables to the beaten eggs and stir well.
9. Spoon the mixture into the muffin tray dividing mixture equally.
10. If using cheese, sprinkle on top of the muffins before baking.
11. Bake for 10-12 minutes until firm and cooked.
12. If the muffins look too pale, grill for a minute or two before serving.
13. Use a spoon to scoop muffins out.

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