Veggie egg muffins

Packed with veggies and protein, these make a great snack on the go or a quick breakfast option.

Makes: 6 portions • Preparation time: 30 minutes

Ingredients

- oil for greasing
- 1 small carrot, cut into small dice
- ½ small courgette, cut into small dice
- 25g peas
- 6 eggs
- 25g feta cheese

Method

1. Heat the oven to 200C/180 fan/gas 6.
2. Grease 6 holes of a muffin tin.
3. Put the carrot, courgette and peas (about 190g veg) in a microwaveable dish with 2 tbsp water. Cover with cling film and cook for 2 mins or until tender.
4. Drain the veg.
5. Beat the eggs and stir in the veg and feta.
6. Pour into the 6 holes.
7. Bake for 15 minutes until the eggs are set.
8. Leave for a minute or two, then use a knife to carefully remove the muffins.

Equipment

- Muffin tin
- Microwaveable bowl
- Cling film

Top tips

- Experiment with different veggies like sweetcorn, broccoli or peppers.
- You could swap the feta cheese for cheddar or mozzarella.
- Make ahead and they can be stored in the fridge for 3 days.