

# BREAKFAST EGG MUFFINS

## Utensils and equipment

\* Chopping board



\* Fork



\* Chopping knife



\* Grater



\* Mixing bowl



\* Measuring spoons



\* Tablespoon



\* Muffin tin



\* Serving plate



\* 2 plates



# Ingredients

20g tomatoes



20g red bell pepper



20g Edam cheese



20g spinach



1 tsp fresh parsley



1 tsp basil



20g peas



1 egg



fresh ground pepper



**Cooking time: 15 - 20 minutes**

**Number of servings: makes 3 to 4**

## Method

1. Preheat the oven to 190°C. Grease a muffin tin with cooking spray.



2. Crack the egg into a mixing bowl. Use a fork to beat the egg until smooth, this will take less than a minute.



3. Wash and chop the tomatoes, red bell pepper, spinach and parsley. Add to the mixture. Grate the cheese and add to the mixture together with the peas. Stir to combine.



- 4. Pour the egg mixture evenly in each muffin mould.**



- 5. Bake for 15-18 minutes or until eggs are set.**

- 6. Leave to cool for ten minutes before removing them, using a spatula if needed.**



- 7. Serve immediately or store in the refrigerator until ready to eat.**



**The egg muffins can be stored in airtight containers. They will keep in the refrigerator for up to 5 days. You can heat them up in the microwave for around 10-15 seconds when ready to serve.**