



# Make tasty egg muffins

**WARNING!**  
Ask an adult to help you with the hot pan and oven.

## TOP TIP

The recipe is vegetarian but, if you like, you can swap one of the vegetables for a couple of slices of chopped ham.



A delicious idea for a picnic.

## Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at [tinyurl.com/TWJ-allergy](https://tinyurl.com/TWJ-allergy)

If you thought muffins had to be sweet, think again. These savoury treats are perfect for a picnic – or a breakfast that you can make in advance. The recipe is enough to make eight muffins in a muffin tin. If you don't have one of these, you can use silicone or paper muffin cases – but oil them well to stop the egg from sticking. If you haven't got all the vegetables, swap them for others that you like.

## What you need

- 1 tbsp oil (oil spray works well)
- 150g courgette, finely chopped or grated
- 2 tomatoes, finely chopped
- 2 spring onions, sliced
- 6 large eggs
- 1 tbsp milk
- Paprika (optional)
- 50g **cheddar cheese**, grated
- 8-hole muffin tin
- Pastry brush
- Frying pan
- Mixing bowl
- Chopping board
- Whisk

**1** Heat the oven to 200°C, 180°C if it has a fan. Brush half the oil into the muffin tin or cases, or give each a generous spray of oil.

**2** Heat the rest of the oil in a frying pan and add the chopped courgettes, tomatoes and spring onions. Stir fry for five minutes, then put them aside to cool.

**3** Crack the eggs into your bowl with the milk, paprika and half the cheese and whisk it all up. Fold in the cooked vegetables.

**4** Pour the egg mixture carefully and evenly into the muffin tin holes and top each with the remaining grated cheese.

**5** Bake for 15–17 minutes or until they're golden brown and cooked through. Eat them warm or cold (they will keep in the fridge for three days).



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