



MINI EGG MUFFINS WITH HOUMOUS AND OLIVES

These mini egg muffins are a flavourful, protein-packed bite with Mediterranean flair. Loaded with colourful veg and creamy feta, they're baked to golden perfection in just 20 minutes. Serve with a dollop of houmous and sliced kalamata olives for a delicious snack or light lunch.

Prep time 15 minutes | Cook time 20 minutes | Serves 12

8 large Burford Buff eggs

80ml whole milk

120g red pepper, finely chopped

75g courgette, finely diced

15g baby spinach leaves, finely chopped

100g Feta cheese, crumbled

100g houmous

Salt and pepper to season

To serve

6 black kalamata olives, sliced

Heat oven to 190C (fan) and spray a 12 muffin pan with oil.

Whisk the eggs and milk together in a large jug and season with salt and pepper.

Spoon the red pepper, courgette, spinach into the muffin cup adding a spoonful of cheese in each.

Pour over the egg mixture until they are $\frac{3}{4}$ full. Bake for 18–20 minutes until puffy and golden around the edges.

Allow to cool for 5 minutes before adding 1 spoon of houmous on top.

Add a slice of olive and serve.



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