

Fun Muffin Tin Egg Pies



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 18 July 2018

Categories: Quick & Easy, Pantry and Fridge Staples, Kid Friendly



Ingredients

- 6 large slices sandwich bread, crusts removed 40g butter, softened
- 1 tablespoon olive oil
- 1 small brown onion, finely chopped
- 1 small carrot, finely diced
- 125g can corn kernels, drained
- ½ cup frozen peas

100g double smoked ham or bacon, finely chopped

3 eggs

1 cup grated tasty cheese

Method

- 1. Preheat oven to 180°C. Using a rolling pin, roll slices of bread flat. Spread butter over both sides of bread and press into the moulds of a 1 cup-capacity 6-hole Texas muffin pan. Bake for 15 minutes or until golden and crisp. Set aside to cool.
- 2. Meanwhile, heat the oil in a non-stick frying pan over medium heat. Add onion and carrot and cook for 3 minutes or until softened. Add corn and peas. Remove from heat and stir through ham or bacon. Lightly whisk eggs in a small bowl, then add to vegetable mixture with half the cheese. Season.
- 3. Spoon vegetable mixture into bread shells. Sprinkle with remaining cheese. Bake for 15 minutes or until egg mixture is set and top of pies are golden.

Notes

These crunchy egg pies are perfect for breakfast on the run or add it to your children’s lunchbox for a vegie-filled high-protein bite.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
202g	1910kJ 457kcal	22.5g	28.9g	14.1g	25.1g	3.4g	990mg	3.6g

All nutrition values are per serve.