

Egg Muffins with Zucchini & Sweet Potato



45 min

6 people



3.6 Rating

Quick & Easy

Pantry and Fridge Staples

Lunch Recipes

Lunchboxes & Snacks

Entertaining

Kid Friendly



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Ingredients

- 140g raw sweet potato, cut into 5 mm - 1 cm cubes **or**
- $\frac{1}{2}$ - $\frac{2}{3}$ cup cooked sweet potato*
- 1 zucchini
- 3 tsp caramelised onion
- 6 eggs
- Salt and pepper, to taste
- Extra virgin olive oil spray

Method

1. Heat oven to 200°C and line a small tray with greaseproof paper.
2. Spread sweet potato pieces over the tray, spray with extra virgin olive oil and bake for 15 minutes.
3. Whilst the sweet potato bakes prep your remaining ingredients. Spiral the zucchini and set aside.
4. Line a muffin tray with patty cake cases or, (as Jaq prefers) use a silicone 6-cup muffin tin. This helps with popping the egg muffins out once cooked (without losing ingredients to the tin).**
5. Divide the zucchini noodles between the muffin cups, followed by the caramelised onion.
6. Once the sweet potato is cooked, divide between the muffin cups, spreading around the cup so there is space in the middle to crack the egg in. Crack the eggs slowly into each muffin cup to allow the egg white to move into the ingredients before the yolk finishes (hopefully!) in the centre.
7. Place in oven to bake for 15-20 minutes. Allow to cool in tray and then pop in lunches or breakfasts on the go. You can eat them warm, fresh out of the oven too.

Notes

*This is a great way to use up some leftover roasted vegetables. If not already cooked look for the ends and nobs of the sad veg left in the crisper as you only need a small amount. If none of these are on hand, fast-cooking vegetables such as red capsicum cut into 5 mm dice will work well also.

**This recipe requires either silicone muffin holders or cupcake liners as the egg will stick to a regular muffin pan, even when sprayed with olive oil.