

# Pancetta and Egg Muffins



Preparation time: 15 mins

Serves: 12 people

User Rating: ★★★★★

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## Ingredients

- 12 eggs
- 12 slices hot pancetta (not too streaky)
- 1 bunch English spinach
- Pepper to taste
- Freshly ground nutmeg

## Method

1. Preheat the oven to 180°C.
2. Prepare the spinach by removing the leaf from the stem, wash well. Bring a large pot of water to the boil and blanch the leaves for 2 minutes, remove and refresh under cold running water.
3. Drain and pat dry with paper towel. Finely slice the prepared spinach then toss in a bowl with pepper and freshly ground nutmeg.

4. Using a 12-cup muffin tin, line each mould with a slice of pancetta. Divide the prepared spinach evenly between the muffin moulds. Crack one egg into each muffin mould. Cover with foil and place in the oven and bake for 8-10 minutes.
5. Allow to cool slightly. Serve warm.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
136g	1140kj 272kcal	17g	22.5g	8.2g	0.5g	0.5g	898mg	0.7g

All nutrition values are per serve.