

Savoury Egg and Cheese Muffins



Preparation time: 58 mins

Serves: 10 people

User Rating: ★★★★★

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Categories: Breakfast Recipes, Lunch Recipes, Kid Friendly



Ingredients

- 13 eggs
- 2 cups (300 g) plain wholemeal (whole wheat) flour
- 2 tsp baking powder
- Sea salt and black pepper, to season
- 60 g butter, melted and slightly cooled
- ½ cup (125 mL) milk
- 100 g ham off the bone, finely chopped
- 1 ½ cups (150 g) tasty cheese, grated
- ¼ cup chives, finely chopped

Method

1. Prepare an ice bath. Set aside.
2. Bring a large pot of water to the boil then reduce heat to simmer. Carefully add 10 eggs to the pot of simmering water and cook for 8 minutes. Carefully remove eggs and place into ice bath until cool enough to handle. Peel eggs and set aside.
3. Preheat oven to 190 C and line a muffin tin with 10 papers. Set aside.
4. Place the wholemeal flour, baking powder and salt and pepper into a large bowl. Whisk to combine creating a well in the centre.
5. Place the melted butter, milk and 3 remaining eggs into the well of the flour. Using a wooden spoon mix to combine. Add the ham, cheese and chives and carefully mix to combine.
6. Fill each prepared muffin paper with a heaped tablespoon of the batter. Nestle a boiled egg into each. Top with remaining muffin batter ensuring the eggs are covered.
7. Bake the muffins for 15-18 minutes or until golden and when pressed bounce back to the touch. Allow muffins to cool for 5 minutes in the tray before placing on a wire rack to cool completely. Enjoy.

Notes

- This recipe is not freezer friendly

Recipe by Kayla Sciacca

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
151g	1310kJ 313kcal	19.7g	16.6g	7.7g	19.1g	1.4g	413mg	3.6g

All nutrition values are per serve.