

Savoury Texas Muffins



Preparation time:	55 mins
Serves:	8 people
User Rating:	★★★★☆

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Serve up either hot or cold, these savoury jumbo Texas muffins are versatile and delicious.

Enjoy it as a quick on-the-go breakfast, or top it off with a crunchy side salad for lunch. Even pop it in a lunchbox for morning tea or take a platter of them to your next big gathering. Believe us - there's no occasion where this chorizo muffin won't be a hit!



Ingredients

- 2 chorizo sausages (250g), cut into 1cm dice
- 1 cup (180g) roasted capsicum, drained and chopped
- 3-4 green onions, chopped
- 3 cups (450g) plain flour
- 1 tbsp baking powder

- 1 tsp salt
- 2 ¼ cups (250g) grated extra sharp cheddar cheese
- 3 eggs
- ½ cup (125ml) vegetable oil
- 1 cup (250ml) milk
- 2 tsp Dijon mustard
- Tomato chutney to serve

Method

1. Preheat oven to 220°C/200°C (fan-forced) and grease a 6 cup Texas muffin tin with cooking spray.
2. Place chorizo into a non-stick frying pan and cook over medium-high heat until crisp and golden. Add capsicum and green onion. Mix well and set aside to cool.
3. Combine flour, baking powder, salt and ¾ of the cheese in a large mixing bowl. Make a well in the centre.
4. Whisk together eggs, oil, milk and mustard. Pour into flour, along with ¾ of the chorizo mixture. Gently fold until just mixed, do not overmix.
5. Divide batter evenly between 6 muffin holes. Top muffins with remaining cheese and chorizo mixture.
6. Bake 10 minutes, reduce heat to 200°C/180°C (fan-forced) and cook a further 20-25 minutes or until a skewer inserted into the centre comes out clean. Stand in tin for 5 minutes before turning out onto a wire rack to cool slightly. Serve warm or cold with tomato chutney.

Notes

- Roasted capsicum can be purchased in jars or in vacuum sealed packets in the refrigerator section in the produce aisle of your supermarket.
- Use any type of mustard you have on hand.
- Buy cooked chorizo from the refrigerator or deli section of your supermarket.
- Store muffins in an airtight container in the refrigerator. Warm in the oven or microwave.
- Wrap muffins tightly in cling wrap and freeze for up to one month. Defrost in fridge overnight and warm in oven or microwave.

Please note: While the nutritional panel, including serving size, is based on mixture being divided into 8 servings, the recipe divides the mixture into a 6 serve Texas muffin pan.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
226g	2740kJ 655kcal	25g	40.5g	13.1g	46.7g	4.6g	1340mg	2.7g
Vitamin D								
1.5µg								

All nutrition values are per serve.