THE LIGHTER PLATE METHOD

Baked Vegetable & Cheese Muffins

A good way to use up whatever vegetables need eating — sautéed first, then baked into savoury egg muffins.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**35 min**	**6**	**EASY**

Ingredients

- 6 eggs
- 100 g broccoli (cooked, chopped)
- 0.5 small carrot (grated)
- 100 g spinach
- 1 leek (sliced)
- 30 g parmesan (grated)
- 1 small onion (diced)
- 2 tbsp olive oil
- 1 tsp sea salt

Method

1. Heat the oven to 180°C (fan 160°C) and grease a 6-hole muffin tin.
2. Heat the oil in a pan and quickly sauté the onion, leek, carrot, broccoli and spinach until just softened. Season well.
3. Divide the sautéed vegetables between the muffin holes.
4. Beat the eggs with the parmesan and pour over the vegetables.
5. Bake for 18–20 minutes, until set and lightly golden.

Tips & swaps

- Good warm or cold, and freezes well once baked.

Storage & reheating

Keeps in the fridge for 3 days or freezes for up to 2 months.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
140	**10g**	**4g**	**9g**	**2g**

Estimated values, for guidance only. Contains: Egg, Milk.