
Egg muffins

Ingredients:

3 Eggs

1 Tomato

10ml Mixed herbs

½ Onion

60ml Cheese

5ml Olive oil

Spray and cook

Equipment:

Muffin tray

Cutting board

Bowl

Fork

Knife

Pan

Spatula

Makes 6

Method:

1. Cut the tomato and onion into small cubes.
2. Grate the cheese.
3. Fry the onions in the pan in 5ml olive oil.
4. Break the eggs into the bowl and use the fork to mix it together with the mixed herbs.
5. Spray the muffin tray with spray and cook.
6. Put the oven on at 180 degrees Celsius.
7. Divide the tomato cubes, onion and grated cheese into six equal servings and place it in the separate muffin tray cups.
8. Take the egg mixture and divide it equally into the six muffin tray cups.
9. Bake the muffins for 15 minutes or until cooked.