

# OMELETTE MUFFINS

**Allergens:** Eggs, milk.

**Serves:** Makes 12 muffins.

### Ingredients:

- 100g of cheese.
- 100g of frozen peas.
- 100g of ham.
- Three spring onions.
- One 15ml spoon of dried mixed herbs.
- Ground black pepper.
- Six large eggs.

### Equipment:

- Muffin cases.
- A 12-hole muffin tray.
- Cheese grater.
- Chopping board.
- Scales.
- Scissors.
- Sieve.
- Measuring spoons.
- Two mixing bowls.
- Fork.
- Ladle or a large spoon.

### Method:

1. Preheat the oven to 180 degrees Celsius.
2. Put the muffin cases in the muffin tin.
3. Grate the cheese and set aside.
4. Defrost the peas in hot water and drain.
5. Finely chop the spring onions and ham using the scissors and add to a bowl with the peas.
6. Measure the herbs and black pepper and add to the bowl.
7. Break the eggs one at a time into a separate bowl and add to the bowl with the rest of the ingredients.
8. Mix all the ingredients together and portion between the muffin cases.
9. Sprinkle the cheese over the mixture.
10. Bake for 15-20 minutes.

**Storage:** Leftovers will keep in the fridge for 48 hours in an airtight container or can be frozen for one month.

