

Rainbow Frittata Muffins

Serves: 12

Prep time: 15 minutes

Cook time: 15-20 minutes

 ½ serve per portion

Ingredients

1 tablespoon olive oil
½ medium onion, diced
½ red capsicum, diced
½ medium zucchini, grated
½ medium carrot, grated
½ cup sweet corn, drained if canned
6 eggs
½ cup milk, reduced fat
1 tablespoon flat leaf parsley, chopped
¼ teaspoon black pepper
12 slices wholemeal bread
6 cherry tomatoes, halved
50g feta, crumbled

Method

PREHEAT oven to 180°C. Line a 12-hole muffin pan with muffin cases.

HEAT oil in frypan over medium heat. Lightly sauté onion and capsicum for 1-2 minutes, then add carrot, zucchini and corn and cook for 2 more minutes.

WHISK together the eggs, milk, parsley and pepper in a large jug until combined.

FLATTEN bread slices using a rolling pin or glass. Remove the crusts if required and press one slice into each lined muffin hole.

SCOOP ¼ cup of the cooked vegetable mixture into each muffin hole, then pour egg mixture evenly over top.

TOP each muffin with a cherry tomato half and some crumbled feta.

COOK in oven until set, approx. 15 minutes.



Everyday Food

Recipe courtesy of Suzie van Laarhoven, the Country Kitchens team