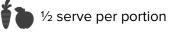
Rainbow Frittata Muffins

Serves: 12 Prep time: 15 minutes Cook time: 15-20 minutes



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



Everyday Food

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 ¹/₄ 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.

Recipe courtesy of Suzie van Laarhoven, the Country Kitchens team



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