

## Easy egg muffins

Esther Clark

Makes 8 (serves 4)

Easy

Prep: 15 mins

Cook: 25 mins

Make these mini egg muffins for an easy breakfast or lunch with the kids. Add chopped ham, bacon or smoked salmon, if you fancy

Gluten-free Nut-free Vegetarian



### Alternatives

### Complete the dish



Pesto egg muffin bites

★★★★★ 7 ratings



Easy blueberry muffins

★★★★★ 350 rating



Veg-packed egg m

★★★★★ 3 ratings



## Ingredients

1 tbsp oil

150g

broccoli  
finely chopped

1

red pepper  
finely chopped

2

spring onions  
sliced

6

large eggs

1 tbsp

milk

large pinch of  
smoked paprika

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50g  
cheddar  
or gruyère, grated

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small handful of chives  
chopped (optional)

## Method

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### Step 1

Heat the oven to 200C/180C fan/gas 4. Brush half the oil in an 8-hole muffin tin. Heat the remaining oil in a frying pan and add the broccoli, pepper and spring onions. Fry for 5 mins. Set aside to cool.

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### Step 2

[Whisk](#) the eggs with the milk, smoked paprika and half the cheese in a bowl. Add the cooked veg. Pour the egg mixture into the muffin holes and top each with the remaining cheese and a few chives, if you like. Bake for 15-17 mins or until golden brown and cooked through.