

SAVORY ZUCCHINI MUFFINS

What you need

1 1/2 cup self-raising flour
1 zucchini (150g)
2 eggs
1/2 cup low-fat milk
1/2 cup cream
80g cheese (Queso fresco, or fetta)
4 sun-dried tomatoes (approx. 40g)
8 parsley stalks (approx. 40g)
Parmesan or grated cheese for the tops

Don't make this recipe without: parsley, cheese

Yields 12 regular,
or 8 tall muffins

Preparation 20 minutes

Cooking 30-40 minutes

What to do

1. Preheat the oven to 180°C/360°F. Grate half the zucchini, and chop the rest into roughly 1cm cubed chunks. The bits around the zucchini tend to be a little fudgier (think frittata/quiche), so if you prefer a more even texture, you can grate more of the zucchini or even leave out the chunks altogether.
2. Prepare all the other ingredients. Chop the cheese into about 1cm cubes and the sun-dried tomatoes into thin strips. Roughly chop the parsley, including the stalks.
3. Place everything you chopped into a bowl, and add to it the wet ingredients. Break the eggs and add milk and cream, and mix until everything is evenly combined.
4. Sieve the self raising flour into the mixture and stir briskly with a spatula. As soon as the mixture looks well combined, stop! It should look nice and chunky, and slightly thicker than pancake mix.
5. Line the muffin tray with muffin cases. Fill the cases evenly, then place a small mound of grated cheese on each muffin. Bake in the oven for 30-40 minutes. They are done when they puff up nicely and the tops are golden brown.

Notes

If the batter feels too watery to your baker's instinct, trust it and add more flour.

These are perfectly seasoned with the cheeses and sundried tomatoes, but if you're using less salty ingredients you might want to add some salt to the mixture.

You can check if the muffins are done with a skewer but keep in mind that the cheese in there can be misleading. You could add spices if you like (paprika, chilli powder) or something meaty (bacon, salami).