

Recipe Card

Breakfast Muffins

Ingredients

- 3 eggs
- 1/4 courgette
- sliced ham
- feta cheese
- fresh coriander.(if you have it)
- salt and pepper.

Method

Whisk Eggs

Add in sliced courgette and sliced up ham, and a handful of feta cheese to mix with fresh coriander.(if you have it) add salt and pepper.

Put the mixture into 6 x muffin cake holders and put in oven for 10mins

10 mins in the oven at 200 degrees C

Simmer for 45 mins to an hour until stewing beef is tender and sauce has thickened and reduced.

To serve: In the last 10 mins of cooking add mushrooms and finish with the parsley and oregano.

Tips: Keep vegetables quite chunky so they do not fall apart. Don't forget to remove the bundle of herbs.

