

Hidden Veggie Savoury Muffin

with Fruit & Veggie Sticks

Grab your meal kit
with this letter

6



Courgette



Carrot



Basic Sponge
Mix



Garlic & Herb
Seasoning



Greek-Style
Yoghurt



Shredded Cheddar
Cheese



Apple



Celery



Cucumber

Prep in: **15** mins
Ready in: **30** mins

Get the kids ready to embark on a tasty adventure with our savoury muffins, where veggies play peek-a-boo with every scrumptious bite!

Pantry items

Olive Oil, Egg, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

You will need

8-12 cup hole muffin tray

Ingredients

	8-12 Muffins
olive oil*	refer to method
courgette	1
carrot	1
basic sponge mix	1 packet
garlic & herb seasoning	1 large sachet
egg*	1
milk*	½ cup
Greek-style yoghurt	1 large packet
shredded Cheddar cheese	1 large packet
apple	2
celery	1 stalk
cucumber	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1349kJ (322Cal)	590kJ (141Cal)
Protein (g)	11.5g	5g
Fat, total (g)	11.6g	5.1g
- saturated (g)	4.3g	1.9g
Carbohydrate (g)	41.1g	18g
- sugars (g)	8.9g	3.9g
Sodium (mg)	1019mg	445mg
Dietary Fibre (g)	3.9g	1.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Grease and line an 8-12 hole muffin tray with baking paper.
- Grate **courgette** and **carrot**.



Bake the muffins

- Divide **batter** evenly between muffin tray holes, filling each to the top (you should get 8-12 muffins).
- Bake until golden brown, **20-25 minutes**.
- Set aside to cool slightly in tin.



Make the batter

- In a large bowl, add **basic sponge mix**, **garlic & herb seasoning**, the **egg**, **milk**, **Greek-style yoghurt** and 2 tbs of **olive oil**. Mix until just combined.
- Stir in **courgette**, **carrot** and **shredded Cheddar cheese** until just combined.

TIP: Be careful not to overmix the batter!



Serve up

- Meanwhile, cut **apple** into wedges. Slice **celery** and **cucumber** into sticks.
- Divide hidden veggie savoury muffins and snacks between lunch boxes. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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