



Kids Hidden Veggie Savoury Muffin

with Snack Bundle

Grab your Meal Kit
with this number

311



Courgette



Carrot



Basic Sponge
Mix



Garlic & Herb
Seasoning



Greek-Style
Yoghurt



Shredded Cheddar
Cheese



Apple



Celery



Cucumber

Prep in: **15-25** mins
Ready in: **40-50** mins

NEED

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 muffin tray

Ingredients

	2 People
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)		
Protein (g)		
Fat, total (g)		
- saturated (g)		
Carbohydrate (g)		
- sugars (g)		
Sodium (mg)		
Dietary Fibre (g)		

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**.

Missing NIPs info due to yoghurt



Bake the muffins

- Divide **batter** evenly between muffin 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

- Measure out 200g of **basic sponge mix**.
- In a large bowl, add measured **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

- Prep **fruit** and **veggies**.
- 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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