

# Parmesan and Herb Muffins

These tasty savoury muffins are perfect for a lunchtime treat or a picnic. Why not try one with some homemade soup?



Egg, milk and wheat (gluten)\*

Nutritional information per portion (63g):

Energy 770kJ 184kcal 9%	Fat 10g 15%	Saturates 2.8g 14%	Sugars 1.4g 2%	Salt 0.63g 10%
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of an adult's reference intake.  
Typical values per 100g: energy 1222kJ/292kcal.

## Equipment

Weighing scales  
12 hole muffin tin  
Paper muffin case x 12  
Grater  
Colander  
Chopping board  
Sharp knife  
Scissors (optional)  
Measuring spoons  
Mixing bowl  
Wooden spoon  
Measuring jug x 2  
Fork  
Metal spoon  
Oven gloves  
Pan stand  
Wire rack

## Ingredients

**Makes 12 muffins**  
100g Parmesan cheese  
10g (about a handful) basil  
10g (about a handful) chives  
1-2 sprigs fresh thyme  
250g self-raising flour  
1 x 5ml spoon bicarbonate of soda  
85ml sunflower oil  
2 eggs  
100ml semi-skimmed milk  
100ml low-fat natural yoghurt

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- Chop the herbs as finely as you can. You could try using scissors to do this.

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## Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Grate the Parmesan.
4. Wash and finely chop the herbs. Strip the thyme leaves, finely chop and measure ½ x 5ml spoon.
5. Mix together the flour and bicarbonate of soda in a mixing bowl.
6. Mix in the Parmesan and chopped herbs.
7. Place the oil in the measuring jug.
8. Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
9. Measure out the milk and natural yoghurt and add to the oil and egg mixture.
10. Pour the wet ingredients into the dry ingredients and stir until combined.
11. Spoon the mixture into the paper cases.
12. Bake for 15–18 minutes, until risen and just golden.
13. Cool on the wire rack. Delicious served warm.

## Something to try next time

- Try replacing the herbs with oregano or parsley.

## Prepare now, eat later

- Cover and store in the fridge for up to 24 hours. Eat cold or reheat (only once) in a preheated oven at 180°C/160°C fan or gas mark 4 for 5-8 minutes or until piping hot.
- Freeze the freshly baked muffins for up to 1 month, defrost thoroughly and reheat in the same way.

### Skills used include:

Washing, weighing, measuring, chopping, mixing/combining, baking and cooling.