



Cheesy Zucchini & Semi-Dried Tomato Muffins

with Caramelised Onion Chutney

Grab your Meal Kit with this symbol



Zucchini



Sweetcorn



Basic Sponge Mix



Garlic & Herb Seasoning



Pine Nuts



Caramelised Onion Chutney



Fetta Cubes



Grated Parmesan Cheese



Greek-Style Yoghurt



Semi-Dried Tomatoes

Prep in: 20 mins
Ready in: 40 mins

These delicious savoury muffins are packed with veggies and oozing with Parmesan and fetta cheese. Zucchini keeps the muffins super moist while our garlic and herb seasoning brings the flavour. Best part... everything is mixed in one bowl!

Pantry items

Olive Oil, Bicarbonate of Soda, Egg, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

8-12 hole muffin tray

Ingredients

	8-12 Muffins
olive oil*	refer to method
zucchini	1
semi-dried tomatoes	1 packet
sweetcorn	1 tin (125g)
basic sponge mix	1 medium packet
garlic & herb seasoning	1 medium sachet
bicarbonate of soda*	1 tsp
egg*	1
milk*	½ cup
Greek-style yoghurt	1 large packet
grated Parmesan cheese	2 packets (60g)
fetta cubes	1 medium packet
pine nuts	1 medium packet
caramelised onion chutney	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1137kJ (272Cal)	834kJ (199Cal)
Protein (g)	11.6g	8.5g
Fat, total (g)	15.9g	11.7g
- saturated (g)	6.3g	4.6g
Carbohydrate (g)	20.1g	14.7g
- sugars (g)	4.7g	3.4g
Sodium (mg)	1054mg	773mg

The quantities provided above are averages only.

*Nutritional information is based on 10 muffins.

Allergens

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

Visit hellofresh.com.au/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 a 8-12 hole muffin tray with baking paper.
- Grate **zucchini**. Roughly chop **semi-dried tomatoes**. Drain **sweetcorn**.



Add the toppings

- Divide **batter** evenly between muffin holes, filling each to the top (you should get 8-12 muffins).
- Top with crumbled **fetta cubes**. Sprinkle over **pine nuts**.



Start the batter

- In a large bowl, add **basic sponge mix, garlic & herb seasoning, the bicarbonate of soda, the egg, the milk, Greek-style yoghurt** and 2 tablespoons of **olive oil**.
- Mix until just combined.



Bake the muffins

- Bake until golden brown, **20-25 minutes**.
- Set aside to cool slightly in tin.



Add the veggies

- Add **zucchini, semi-dried tomatoes, grated Parmesan cheese** and **sweetcorn**.
- Mix until just combined.

TIP: Be careful to not overmix the batter!



Serve up

- Transfer cheesy zucchini and semi-dried tomato muffins to a serving platter.
- Serve with **caramelised onion chutney**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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