



Muffin frittatas are a super easy way to eat good food. They're dinky enough to make the perfect snack, too, and are a dream for picnics and lunchboxes.

Serves 12

INGREDIENTS

8 eggs

2 large pinches of sea salt

a large pinch of black pepper

3 carrots or courgettes (or a mix of both), roughly grated

a handful of chopped veg (like chopped red pepper, fennel or peas)

1 onion or leek, or some spring onions (all very finely diced, chopped or snipped as you're not frying them)

1 large garlic clove, finely diced

any spices or herbs, fresh or dried (we like 1 tsp dried oregano and a small handful of fresh parsley)

a large handful of grated cheese (like mature cheddar, gruyere or parmesan)

METHOD

Preheat the oven to fan 190°C. Grease a muffin tray well with a little butter/ghee or use paper cases or parchment paper.

Beat the eggs in a large bowl. Add the salt and pepper, all the grated and chopped vegetables or peas, finely chopped onion or leek, garlic and any spices or herbs. You are looking for a ratio of around 50 per cent egg to 50 per cent raw veg.

Pour the mixture into the prepared muffin tray.

Bake for 12 minutes, then crumble the cheese on top and turn on the grill. Grill for about a minute until the tops are golden brown. Alternatively, you could stir the cheese into the egg mix, not bother with the grill and just cook in the oven for 14 minutes.

To check if they are done, give the muffin tray a wobble – the frittatas should be just set in the middle. You can always put them back in the oven for another 1–2 minutes if you think they need cooking any longer.

Remove the frittatas from the tray and leave to cool on a wire rack.