

EGG MUFFINS

Makes enough to fill one medium sized muffin tin of 6 muffins

INGREDIENTS

- 1/4 {ish} cup raw chicken {e.g. two chicken tenders or minced chicken}
- 1 small onion
- 1/4 cup {ish} Frozen Spinach
- 5 Eggs
- Salt, Pepper, your favourite herbs / spices
- Butter
- 1.5 Tbsp Feta cheese {optional}
- *You can also add a little grated carrot or zucchini for added vegetable intake and fibre content*

INSTRUCTIONS

1. Preheat oven to 180°C
2. In a small skillet, get some butter heating. Chop up your onions super fine add those in to get soft. While that's going, chop up your chicken into a bit smaller than bite sized pieces, add that into your pan as well.
3. Let that cook for a few minutes, crack your eggs into a separate bowl add in salt, pepper & seasoning and beat them well. Set aside.
4. When your chicken is at "almost cooked" stage, add in your spinach. Stir, finish up cooking.
5. While that's finishing liberally grease up your muffin tins with butter {don't forget to butter the top rim part of the tin as well as the top part of it}.
6. Once the spinach and chicken is done, add it into the eggs along with feta and mix. Then scoop mixture into each muffin tin, filling them almost to the top.
7. Place your muffin tin on an aluminium foil lined pan in case of spillage while cooking, pop that into your oven, cook for 20-30 minutes or until eggs are cooked through.

