

Omelette Muffins

1 Teaspoon Oil, 1 Onion, 50g Grated Cheese, 50g Frozen Peas, Pinch of Mixed Herbs,
5 Eggs, Tinned New Potatoes, 1/2 Tin Green Beans

(Makes 12 Muffins)

1



heat oil in muffin tray in
oven set to 180°C

2



grate cheese and
chop onion

3



chop potatoes, add all
ingredients to bowl

4



mix well and add to
muffin tray

5



be careful with hot
muffin tray

6



bake for 15 mins or until
golden on top