

WHAT YOU NEED

- 1 teaspoon of oil
 - 1 onion
 - 50g of grated cheese
 - 50g of frozen peas
 - pinch of mixed herbs
 - 5 eggs
 - 1 tin of new potatoes
- Optional:** Add vegetables of your choice - sweetcorn, sliced mushrooms or chopped cherry tomatoes.

How to Make Omelette Muffins

Makes 12 muffins

1



Heat oil in muffin tray in oven set to 180°C.

2



Grate cheese and peel and chop onion.

3



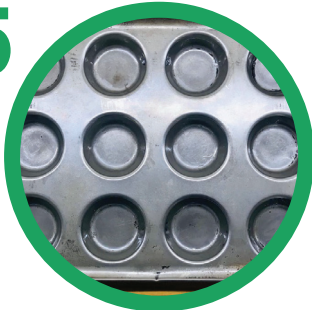
Chop potatoes, add all ingredients to the bowl or large jug.

4



Mix well and spoon or pour into the muffin tray.

5



Be careful with hot muffin tray.

6



Bake for 15-20 mins or until eggs are fully cooked and golden on top.