



Elvea, festa all'italiana

Egg muffins



Ingredients for 12 Persons

2	spring onions, finely chopped
400 g	ELVEA Cubetti fresh vegetables
1	onion
	grated cheese
1	chili peppers
	fresh coriander
9	eggs
3 tablespoons	milk
	pepper
	salt

Preparation

- Preheat the oven at 190 °C.
- Grease your muffin tray.
- Pour a base of egg mixture into each cavity.
- Pour the Cubetti Fresh Vegetables on top. Arrange the chopped spring onion and onion, the cheese, chili, coriander, ... and pour in the remaining egg mixture.
- Place the muffin tray on the middle rack of the preheated oven and bake for 20 to 25 minutes or until the muffins are light brown and round on top and the eggs are firm.
- Allow the muffins to cool down for a few minutes before removing them from the muffin tray.
- Carefully remove the muffins with a knife if they stick.
- Eat them immediately or allow them to cool completely. Keep them in a plastic bag in the refrigerator or freezer. The egg muffins can also be reheated in the microwave oven.

Tip: You can add chicken or other lean meats, spinach, ricotta, peppers, etc. to taste.

