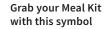




Zucchini & Olive Savoury Muffins with Creamy Fetta & Caramelised Onion Chutney









Kalamata Olives





Sweetcorn



Garlic & Herb Seasoning





Shaved Parmesan Cheese





Pine Nuts

Caramelised Onion Chutney



Prep in: 20 mins Ready in: 40 mins

These delicious savoury muffins are packed with veggies and oozing with Parmesan and fetta cheese. Zucchini keeps the muffins super moist while our garlic and herb seasoning brings the flavour. Best part... everything is mixed in one bowl!

Pantry items Olive Oil, Egg, Milk

SDZ



Before you start Wash your hands and any fresh food.

You will need

8-12 hole muffin tray lined with baking paper

Ingredients

	8-12 Muffins
olive oil*	refer to method
zucchini	1
kalamata olives	2 packets
sweetcorn	1 tin (125g)
basic sponge mix	1 medium packet
garlic & herb seasoning	1 medium sachet
egg*	1
milk*	½ cup
Greek-style yoghurt	1 large packet
shaved Parmesan cheese	1 packet (52g)
fetta cubes	1 large packet
pine nuts	1 medium packet
caramelised onion chutney	1 packet (40g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	901kJ (215Cal)	785kJ (188Cal)
Protein (g)	7.9g	6.9g
Fat, total (g)	11.2g	9.8g
- saturated (g)	3.3g	2.9g
Carbohydrate (g)	20.1g	17.5g
- sugars (g)	4.6g	4g
Sodium (mg)	568mg	495mg

The quantities provided above are averages only. *Nutritional information is based on 10 servings.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to 200°C/180°C fan-forced. Grease and line a 8-12 hole muffin tray with baking
- Grate zucchini. Roughly chop kalamata olives. Drain **sweetcorn**.



Start the batter

- In a large bowl, add basic sponge mix, garlic & herb seasoning, the egg, the milk, Greek-style yoghurt and 2 tbs of olive oil.
- Mix until just combined.



Add the veggies

- · Add zucchini, olives, shaved Parmesan cheese and sweetcorn.
- Mix until just combined.

TIP: Be careful not to overmix the batter!



Add the toppings

- Divide batter evenly between muffin holes, filling each to the top (you should get
- Top with fetta cubes. Sprinkle over pine nuts.



Bake the muffins

- Bake until golden brown, 20-25 minutes.
- Set aside to cool slightly in tin.



Serve up

- Transfer zucchini and olive savoury muffins to a serving platter.
- Serve with caramelised onion chutney. Enjoy!



Scan here if you have any questions or concerns



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