



# Zucchini & Olive Muffins

with Creamy Fetta & Caramelised Onion Chutney

Grab your Meal Kit with this symbol



Zucchini



Kalamata Olives



Sweetcorn



Basic Sponge Mix



Garlic & Herb Seasoning



Greek-Style Yoghurt



Parmesan Cheese



Fetta Cubes



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
<b>olive oil*</b>	refer to method
zucchini	1
kalamata olives	2 packets
sweetcorn	1 tin (125g)
basic sponge mix	½ large packet (200g)
garlic & herb seasoning	1 medium sachet
<b>egg*</b>	1
<b>milk*</b>	½ cup
Greek-style yoghurt	1 large packet
Parmesan cheese	1 large packet
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)	1534kJ (367Cal)	898kJ (215Cal)
Protein (g)	15.3g	9g
Fat, total (g)	24.5g	14.3g
- saturated (g)	8.7g	5.1g
Carbohydrate (g)	20.8g	12.2g
- sugars (g)	4.3g	2.5g
Sodium (mg)	1374mg	804mg

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

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

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



## Add the toppings

- Divide **batter** evenly between muffin holes, filling each to the top (you should get 8-12 muffins).
- Top with **fetta cubes**. Sprinkle over **pine nuts**.



## Start the batter

- Measure out 200g of **basic sponge mix**.
- In a large bowl, add measured **basic sponge mix**, **garlic & herb seasoning**, the **egg**, the **milk**, **Greek-style yoghurt** and 2 tbs of **olive oil**.
- Mix until just combined.



## Bake the muffins

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



## Add the veggies

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

**TIP:** Be careful not to overmix the batter!



## Serve up

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

## Rate your recipe

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