



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



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

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 medium tin
basic sponge mix	1 medium packet
garlic & herb seasoning	1 medium sachet
egg*	1
milk*	½ cup
Greek-style yoghurt	1 large packet
Parmesan cheese	1 large packet
fetta cubes	1 large packet
onion chutney	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	1075kJ (257Cal)	750kJ (179Cal)
Protein (g)	11.2g	7.8g
Fat, total (g)	14.4g	10g
- saturated (g)	4.1g	2.9g
Carbohydrate (g)	20g	14g
- sugars (g)	4.5g	3.1g
Sodium (mg)	719mg	502mg

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://www.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 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**.



Start the batter

- In a large bowl, add **basic sponge mix**, **garlic & herb seasoning**, the **egg**, **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 **onion chutney**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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