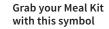


Zucchini & Olive Muffins

with Creamy Fetta & Caramelised Onion Chutney









Zucchini



Kalamata Olives



Sweetcorn







Garlic & Herb



Seasoning



Parmesan Cheese



Fetta Cubes



Onion Chutney

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

3. 5	
	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 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.



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.



Add the veggies

 Add zucchini, olives, 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 8-12 muffins).
- Top with fetta cubes.



Bake the muffins

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



Serve up

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

