

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Chicken and Pesto Muffins

Ingredients Makes 12

12 free range large eggs
2 tbsp milk
1 tbsp red or green pesto
50g grated strong cheddar cheese
175g chopped cooked chicken breast meat
½ tsp onion powder
½ tsp salt
½ tsp ground black pepper

Method

Preheat the oven to 350°F/180°C/gas 4.

Either grease a 12-hole muffin tray or line with muffin cases.

In a large mixing bowl, whisk together the eggs, milk and pesto.

Stir in the cheddar cheese, chopped chicken, onion powder, salt and pepper until evenly mixed.

Pour into the prepared muffin tin to fill each hole to ¾ of the way up.

Bake for 20-25 minutes until puffed up and golden.

Can be served warm or when cool store in a sealed container in the fridge ready to put into a lunch box when required. They will keep in the fridge for 3-4 days.

These are wonderful served with a container of dressed pasta salad and a few baby tomatoes.

Per muffin

Kcal 129

Protein 8.7g

Fat 5.6g

Carbs 0.2g