ZUCCHINI, CHEESE and HAM SAVOURY MUFFINS

Ingredients

700g Grated zucchini
2 Tablespoon olive oil
2 brown onions
2 cloves garlic
300g leg ham, diced
270g cheddar cheese
300g self-raising flour
3 handfuls roughly chopped parsley
6 eggs
Salt

Method

Pre-heat oven to 180C fan forced.

Grate zucchini in the large holes of the grater on to a towel. Then roll up towel and squeeze to remove excess moisture from grated zucchini.

Place oil in a large frying pan and fry ham until lightly browned, then add onion and garlic and sweat for 3 minutes. Tip mixture into a bowl and stir in zucchini, cheese, flour and parsley. Lightly whisk eggs and lightly stir eggs into the mix.

Line muffin tray with muffin cases. Spoon mix into cases and bake for 15 to 20 minutes until puffed and golden.