Egg Muffin, Homemade Chips and Mixed Vegetables (serves 2)

This is a light meal ideal if not as active. Eggs are a great source of protein. This meal is high in protein can help with making you feel fuller. In addition having a portion of vegetables with your meals will help you achieve your 5-a-day.

Ingredients

- 4 eggs
- 50g leeks, finely chopped
- 15g (half a matchbox) cheddar grated, if none available any hard cheese, recipe works well without cheese
- 4 medium white potatoes
- 1 tsp vegetable oil
- Pinch paprika
- Pinch salt
- Pinch pepper
- 190g frozen mixed vegetables or whatever is available

Method

1. Pre-heat oven to 200 °C/180 °C/392 °F/Gas mark 6
2. Slice potatoes into chips, place in a container and mix in seasoning, paprika and oil.
3. Place on a baking tray, ideally lined with greaseproof paper
4. Cook in oven for 25-30 minutes, turning half way through cooking
5. Whisk eggs and season, add leeks or any other vegetables needing used
6. Pour into 6 silicone muffin moulds, if not available lightly grease another mould
7. Bake egg muffins for 10 minutes
8. Remove muffins from oven and sprinkle with cheese bake another 5-10 minutes
9. Serve with your choice of vegetables

Front of pack (food) for portion of 365g

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<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
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<tr>
<td>1621kJ</td>
<td>15.3g</td>
<td>4.7g</td>
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<tr>
<td>387kcal</td>
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