

Pesto Egg Muffin Bites



Makes 12 Prep 10 mins

Cooking 20 mins

Easy

Ingredients

Cooking spray or oil for the tin
18 cherry tomatoes, quartered
80g feta or goat's cheese, crumbled
6 medium eggs
30 ml milk
2 tbsp pesto

For the pesto

50g basil.
30g pine nuts, toasted.
30g parmesan, freshly grated.
85ml olive oil.
salt & freshly ground black pepper.

1. Heat oven to 180C/160C fan/ Gas 4. Spray a 12 hole muffin tin with the oil spray. Evenly divide the tomatoes among the holes, and top each one with around 2 tsp of the feta or goat's cheese.
2. Crack the eggs into a large bowl, then add the milk, pesto and seasoning and whisk to combine. Pour the mixture evenly into each hole.
3. Bake for 20 mins or until the egg is set. Cool for 2 -3 mins in the tin, then remove and leave to cool on a wire rack.