

# Courgette, Onion and Cheese Muffins



## Ingredients:

225g Self Raising Flour (White or Wholemeal)  
175ml Semi-Skimmed Milk  
100g Cheddar Cheese  
50ml Sunflower Oil  
1 Egg  
1 Small Courgette (Skin left on)  
1 Small Onion  
Pinch of Ground Black Pepper: School to Provide

**Please remember 12 muffins cases and a container to carry your muffins home in.**

## Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all ingredients accurately.
3. Peel and finely chop the onion.
4. You will use the courgette you have cut using the brunoise cutting technique. Place this into a small bowl.
5. Grate the cheese onto a plate.
6. Add the courgette, grated cheese and onion to a large mixing bowl.
7. Sieve in the flour.
8. Stir in the oil and milk.
9. Crack an egg into a small bowl.
10. Add the egg into the large bowl and season with ground black pepper.
11. Mix the ingredients together with a white plastic spoon to form a batter.
12. Divide the batter equally between the muffin cases using two metal spoons.
13. Bake for 20 minutes, until well-risen and golden brown in colour.
14. Serve warm or cold.