Bread & baking / Belgium

Savoury muffins with Brussels sprouts and green beans · Belgium

Soft vegetable muffins to serve warm, developed as a Belgium-inspired baking variation.

Time 45 min **Servings** 4

What you'll need.

- ☐ 250 g plain wheat flour
- ☐ 12 g baking powder
- ☐ 2 eggs
- ☐ 180 ml pasteurised milk
- ☐ 60 ml neutral cooking oil
- ☐ 120 g Brussels sprouts
- ☐ 100 g green beans
- ☐ 20 g wholegrain mustard
- ☐ 2 g dried thyme
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Heat the oven to 180°C and line enough muffin cups. Finely chop or grate the vegetables.

02 Briefly cook the vegetables, then drain thoroughly and allow to cool.

03 Mix the flour and baking powder. Separately whisk the eggs, milk or coconut milk, oil and flavourings.

04 Briefly fold wet and dry mixtures together, then add the cooked vegetables. Divide between the cups.

05 Bake for twenty-five to thirty minutes until fully cooked and a skewer inserted in the centre comes out clean.

AI-developed, not kitchen-tested.

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