



# FRITTATA MUFFINS

HEAT LEVEL 

Enjoy the convenience of our Frittata Muffins - perfectly portioned and flavorful, these muffins are a delightful and satisfying twist on the classic frittata.

30 Mins

8 Servings

## INGREDIENTS

125 grindless streaky bacon, coarsely chopped  
4 extra-large eggs  
200 ml Spur CheddameLT Sauce  
60 ml (¼ cup) milk  
Salt to taste  
2 spring onions, chopped  
125 ml (½ cup) grated Cheddar cheese

## METHOD

- 1 Fry the bacon until lightly crisp and drain on paper towel.
- 2 Whisk the eggs, Spur CheddameLT Sauce, milk and salt together. Add spring onions and cheese. Pour mixture into muffin pan or ramekins.
- 3 Bake in a preheated oven at 180°C for 15-20 minutes. Serve immediately.

## VARIATIONS

- 1 Substitute the bacon with sausages, such as cheese grillers or smoked viennas.
- 2 Substitute the spring onions with 45 ml (3 Tbsp) chopped fresh chives.
- 3 Add 50 g chopped sundried tomatoes and 10 ml (2 tsp) sugar.

### TIP

- 1 Dress with chives, cottage cheese and Spur Sweet Chilli sauce and serve as an entrée.

