

savoury zucchini muffins, 12

Equipment:

Bowls, scales, measuring cup and spoon, bowls, 1 muffin tray and 12 papers, whisk, metal spoon, colander, spatula

Ingredients:

200 gms zucchini, grated
small tspn salt
1 egg
 $\frac{3}{4}$ cup rice bran oil
 $\frac{3}{4}$ cup milk
220 gms s.r. flour
 $\frac{1}{2}$ tspn ground coriander
5 chives
5 basil leaves
1 sprig oregano

method:

Tip zucchini into the colander, mix in salt, then leave to drain for up to 20 mins. Squeeze liquid out and discard.

Turn oven on to 180c.

Put muffin papers in trays.

Wash, dry and chop herbs.

Whisk together the egg, oil and milk.

Stir in flour, herbs and coriander until mixture is smooth.

Fold through zucchini.

Spoon mixture into papers until $\frac{2}{3}$ full and cook for 20 - 25 mins.

Put on wire racks to cool.

If desired, before you cook the muffins put $\frac{1}{2}$ a tiny tomato, cut side up, on top, and sprinkle with a little salt.