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
¾ cup rice bran oil
¾ cup milk
220 gms s.r. flour
½ 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 ⅔ full and cook for 20 - 25 mins.
- Put on wire racks to cool.
- If desired, before you cook the muffins put ½ a tiny tomato, cut side up, on top, and sprinkle with a little salt.