

# Roasted Vegetable Muffins

**Season:** Autumn

**Serves:** 12

**Recipe source:** adapted from [recipetineats.com](http://recipetineats.com)

**Fresh from the garden:** pumpkin, sweet potato, herbs

**Notes:** the bacon and sweet potato/pumpkin have been precooked for this session.

Equipment:	Ingredients:
Small ceramic bowl	50g butter
12 hole muffin tray	2 cups plain flour
Silicon brush	1 ½ teaspoons baking powder
2 large mixing bowls	½ teaspoon bicarb soda
Whisk	½ teaspoon salt
Sieve	1 egg
Spatula	1 cup milk
Grater	¼ cup yoghurt
Chux cloth	1/3 cup vegetable oil
Measuring cups and spoons	¼ cup chopped herbs
Chopping boards	1 teaspoon crushed garlic
Knives	½ zucchini, grated
Dessert spoons	100g short cut bacon, chopped and cooked
Cooling rack	100g cheddar cheese, grated
	200g sweet potato/pumpkin, chopped into small chunks and roasted
	A little parmesan cheese to sprinkle

## What to do:

1. Preheat the oven to 180°C, eco fan setting.
2. Put butter in small ceramic bowl and melt in the microwave. Use the silicon brush to generously butter the muffin holes.

3. Sift flour, salt, baking powder and bi carb soda into a large bowl.
4. Break egg into the other bowl and whisk. Add milk, yoghurt and vegetable oil and whisk to combine.
5. Grate zucchini and squeeze out excess moisture in a new Chux cloth. Add zucchini to the wet mixture.
6. Add garlic, herbs and chopped cooked bacon and mix with spatula. Pour wet ingredients into dry and mix with spatula until almost combined.
7. Add grated cheese and roasted vegetables and mix again briefly. It is important not to overmix otherwise the muffins will be tough.
8. Use 2 spoons to share the batter equally between the muffin holes. Sprinkle the top of the muffins with parmesan cheese.
9. Bake for 22-25 minutes until golden and the top bounces back when briefly touched. Cool on rack and brush tops with any remaining melted butter. Delicious eaten warm!