

AFTERNOON TEA RECIPES



BREAKFAST RECIPES

Zucchini and Cheese Hashbrown Cups

Ingredients

- Olive oil spray
- 500g potatoes, peeled, grated & liquid squeezed out
- 2 tbsp olive oil
- Pinch of salt
- Freshly cracked pepper to taste
- 6 eggs
- 4 egg whites
- ¼ cup reduced-fat cheddar, grated
- 2 zucchinis, grated & liquid squeezed out
- 4 spring onions, diced
- 1 cup frozen peas



Method

- Pre-heat the oven to 200oC. Liberally spray a standard 12-cup muffin tin with olive oil spray.
- In a large bowl, combine the potato and olive oil. Add a pinch of salt and pepper. Divide the mixture evenly into the muffin cups and press firmly into the bottom and up the sides to form a well. Bake for 15-20 minutes or until the edges turn golden.
- In a separate bowl, whisk together the eggs and egg whites. Add the cheese, zucchini, spring onion and peas and mix to combine. Once the hashbrowns are cooked, remove from the oven and slowly pour the egg mixture into each cup. Return to the oven and cook for 15 minutes or until the eggs are set.

<https://healthylunchbox.com.au/recipes/zucchini-broccoli-and-cheese-hashbrown-cups/>
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