

Fennel and Tomato Muffins

Ingredients

- ½ Fennel finely sliced (or 1 Zucchini grated)
- ½ cup parsley leaves
- 2 tomatoes
- 200g tasty cheese
- 3-4 large eggs
- 1 ½ cup self raising flour
- ½ cup oil
- Salt and pepper

Note: I also added some rosemary, sage and silverbeet from the Findon Garden

This recipe will make 12 regular size muffins or 48 mini muffins
When baking regular muffins, increase the baking time by 10-15 minutes

What to do:

- 1) Preheat oven to 180c
- 2) Wash the fennel, making sure to wash inbetween the layers. Chop into quarters and slice as finely as possible. Add to a large bowl
- 3) Wash the parsley and spin dry. Pick off the leaves and chop finely. Add to the bowl with the fennel
- 4) Wash the tomatoes. Slice in half. With the flat side on the chopping board, slice the tomatoes, then dice into small pieces. Add to the bowl
- 5) Grate the cheese. Add to the bowl and mix together
- 6) Crack the eggs into a measuring jug. *(Start with 3 eggs. If the final muffin mixture is too thick, add another beaten egg)*
- 7) Add the oil to the eggs and whisk together
- 8) Pour the egg and oil mix into the bowl with the fennel, parsley, tomato and cheese
- 9) Mix together well
- 10) Add the flour a little at a time, mixing well after each addition
- 11) Brush the mini muffin pan with a little oil *(you can use patty cases if you like)*
- 12) Spoon the muffin mixture into the muffin pans, filling each hole ¾ full
- 13) Bake the mini muffins in the oven for 15 minutes or until set and golden on the top
- 14) Serve and enjoy





Bonus Activity

In Week 9 of Term 2, you will be returning to school. You'll see your teachers, friends and will return to cooking in the Kitchen. Hooray!

There will be many procedures and processes that you'll have to remember. To help remind you, this week's video demonstrates how to set up a cooking station.

Now, let's imagine you are back at school and in Kitchen Class. You have prepared and cooked a delicious dish. You have washed all the dishes and packed up the station.

It's now time to set the table.

Draw a diagram of how to set the table. Remember to include something to eat off, something to eat with, something to drink from as well as any shared table items. Pay attention to where the items should be placed on the table.

Have fun. Use colour. See how many items you can remember.