

# GARDEN FRESH HERBS AND CORN MUFFINS

**From our garden:** flat leaf parsley, oregano, chives

## NOTES TO STUDENTS and VOLUNTEER:

1. Please measure the ingredients accurately.
2. A volunteer or teacher is to supervise the use of the oven to bake the muffins.

### EQUIPMENT

Muffin pan  
Paper cases  
Knife  
Small plate  
Sifter  
Measuring jug  
Measuring cups  
Kitchen scales  
Fork  
Large mixing bowl  
Tablespoon  
Wire rack  
Tea towel

### INGREDIENTS

- 1 ½ cups self-raising flour
- ½ cup vegetable oil
- ¼ cup mixed herbs (flat leaf parsley, oregano, chives)
- ½ cup corn
- ¾ cup milk

### WHAT TO DO

- Preheat oven to 190°C/170°C fan-forced.
- Line a 12 hole, 1/3 cup-capacity muffin pan with paper cases.
- Wash and dry herbs in a tea towel and use your finger to tear into pieces to fill ¼ cup.
- Sift flour into a large mixing bowl.
- Add herbs and corn. Stir to combine using a fork.
- Make a well in the centre of the dry ingredients (flour mixture).
- Add wet ingredients (vegetable oil and milk) to the dry ingredients (flour). Mix with a fork until ingredients are combined. The mixture should be coarse and lumpy. Add a little more milk if required.
- Spoon mixture in the paper cases.
- Bake for 15 - 20 minutes or until golden and just firm to touch.
- Remove from the oven and leave in the pan for 5 minutes.
- Transfer to a wire rack to cool.