



Muffins with feta cheese, mushrooms and spinach

30 minutes

Hands on

12

Portion(s)

1

Difficulty



Method

For the béchamel sauce

- Preheat oven to 180* C (350* F) Fan.
- Place a pot over medium to high heat.
- Add the butter and let it melt a little.
- Add the flour and sauté while whisking.
- Add the milk in small batches while continuously whisking. It's important to whisk continuously so that no lumps form in the mixture.
- When all of the milk has been incorporated, let the béchamel cook and thicken, whisking occasionally.
- When ready, remove from heat and add salt, pepper and nutmeg.
- Set it aside to cool for 4-5 minutes.
- In a bowl, lightly whisk the eggs and add them to the béchamel sauce. Whisk and set aside until needed.

For the muffins

- Grease 12 muffin tins with butter and dust with flour.
- Place a nonstick pan over high heat.
- Add some olive oil, the onions and mushrooms. Season with salt.
- Sauté until the mushrooms release their juices and they evaporate.
- Add the spinach and sauté.
- Remove pan from heat, add the feta cheese and gently mix.
- Fill the muffin tins evenly with spoonfuls of the mixture.
- Top with béchamel sauce.
- Crack 1 egg over each muffin tin.
- Roll the slices of bacon and push them gently in to the mixture.
- Bake for 18-20 minutes.
- To make sure the muffins are ready, insert the blade of a knife in to the mixture. It should come out clean.

Ingredients

For the béchamel sauce

- 30 g butter
- 30 g all-purpose flour
- 300 ml milk
- nutmeg
- salt
- pepper

For the muffins

- 8 eggs
- 1/2 onion, finely chopped
- 4-5 sprig(s) thyme, fresh, only the leaves
- 3-4 champignon mushrooms, quartered or cut in to 4 pieces, depending on the size
- 100 g spinach, baby
- 80 g feta cheese, grated
- 6 slices bacon, cut in half
- olive oil
- 2 tablespoon(s) all-purpose flour
- 2 tablespoon(s) butter

Διατροφικός πίνακας

Nutrition information per portion

192 Calories (kcal)	13.6 Total Fat (g)	6.4 Saturated Fat (g)	6.2 Total Carbs (g)
10%	9%	32%	2%
1.8 Sugars (g)	10.9 Protein (g)	0.74 Fibre (g)	0.86 Sodium (g)
2%	22%	3%	14%