



Spinach, Leek and Feta Muffins

Method:

Melt 30g butter in a large saucepan, add leek, season with salt and sauté over low heat until softened. Stir in thyme leaves and We Wash n' Toss Baby Spinach until just wilted and remove from heat.

Place flour in a large bowl. Whisk together milk, extra butter and eggs, gently mix into flour until nearly combined. Fold in spinach mixture and feta until just combined.

Spoon muffin mixture into 12 paper case lined muffin pans. Lightly press pine nuts into the top of each muffin and sprinkle with black pepper. Bake at 180°C for 15-20 minutes until golden and cooked through. Cool for 5 minutes in the pan before removing to a wire rack to cool completely. Enjoy warm or cool.

Tip: Muffins are best enjoyed on the day they are made, but can be kept refrigerated for up to 3 days and refreshed in the microwave.

These muffins freeze well and can be defrosted in the microwave. Great back up to have in the freezer for an office lunch or a treat in the lunchbox!

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serves
4 adults



prep time
20 mins



cook time
25 mins

Ingredients:

- 30g butter
- 1 leek, thinly sliced
- Salt and freshly ground black pepper, to taste
- 2 teaspoons fresh thyme leaves, chopped
- 1 x 100g packet We Wash n' Toss Baby Spinach leaves
- 1½ cups self-raising flour
- 2 eggs
- 90g butter, melted, extra
- ¾ cup milk
- 150g feta cheese, crumbled
- 2 tablespoons pine nuts (optional)