

**Pumpkin & Feta Muffins**

**Season:** Autumn

**Type:** Side dish/ snack

**Source:** adapted from taste.com.au

**Difficulty:** Easy

**Serves:** 50 small muffins

**Fresh from the garden:** pumpkin, spring onion, eggs

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| **Equipment:**  Chopping board  Chef’s knife  Grater  Large frying pan  2 x Large mixing bowls  small mixing bowl  Whisk  2 x Wooden spoons  measuring cup  measuring jug  muffin pans  paper muffin cases | * **Ingredients** * ½ cup Olive oil + 1tbs for frying * 2 spring onions * 2 cloves garlic * 500g Pumpkin, grated * 5 cups Self-raising flour * Pinch of salt * 150g Grated parmesan * 100g Feta cheese, crumbled * 2 eggs * 2 ½ cups milk * Topping – 100g feta + 60g pepitas |

**What to do:**

1. Preheat oven to 200 degrees celsius. Line muffin pan with paper cases.
2. Finely chop spring onions and garlic. Grate pumpkin.
3. Heat 1 tbs oive oil, add spring onion and garlic, cook for 2 minutes.
4. Add pumpkin and cook for 5 minutes.
5. Sift flour and salt into a large mixing bowl, stir in grated parmesan and crumbled feta.
6. Lightly whisk eggs, milk and olive oil in large mixing bowl.
7. Pour milk mixture into flour mixture, add pumpkin and stir gently until just combined.
8. Spoon into muffin tray.
9. Combine pepitas and crumbled feta, sprinkle over muffins.
10. Bake for 20 – 25 mins, or until golden brown.