

# Cheese and Herb Muffin in a Mug

This is a tasty savoury muffin that's perfect for a snack. Try serving the muffins with our delicious Romanian Bean Soup or one of the other soup recipes available on our website.



Egg, milk and wheat (gluten)\*

Nutritional information per portion (62g):

Energy	Fat	Saturates	Sugars	Salt
769kJ 183kcal 9%	<b>10g</b> 15%	<b>2.8g</b> 14%	<b>1.4g</b> 2%	<b>0.60g</b> 10%

of an adult's reference intake.  
Typical values per 100g: energy 1240kJ/295kcal.

## Equipment

Weighing scales  
Grater  
Colander  
Sharp knife  
Scissors (optional)  
Chopping board  
Measuring spoons  
Mixing bowl  
Wooden spoon  
Measuring jug x 2  
Fork  
Metal spoon  
Standard-sized microwave-safe mug x 6  
Oven gloves  
Cooling rack

## Ingredients

**Makes 6 mug muffins – each muffin serves 2 people**

100g Parmesan cheese  
10g fresh basil (about a handful) OR 1 x 15ml spoon dried basil  
10g fresh chives (about a handful) OR 1 x 15ml spoon dried chives  
1-2 sprigs fresh thyme (½ x 5ml spoon thyme leaves)  
250g self-raising flour  
1 x 5ml spoon bicarbonate of soda  
85ml sunflower oil  
2 eggs  
100ml semi-skimmed milk  
100ml low-fat natural yoghurt

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- Check that the mugs you use are microwave-safe. Straight-sided mugs are best as the muffins will cook more evenly than in a mug with sloping sides.
- Remember the muffins will continue to cook once removed from the microwave for approximately 2 minutes, so leave to stand before eating.

# Cheese and Herb Muffin in a Mug

## Method

1. Grate the Parmesan cheese.
2. Wash and finely chop the herbs using a sharp knife or scissors, removing the stems from the thyme.
3. Mix together the flour and bicarbonate of soda in a mixing bowl and add the Parmesan and chopped herbs.
4. Measure the oil into the measuring jug.
5. Beat the eggs separately in a second measuring jug and add to the oil.
6. Measure out the milk and yoghurt and add to the oil and egg mixture.
7. Pour the wet ingredients into the dry ingredients and stir until combined.
8. Spoon the mixture into the mugs – a third full.
9. Place 3 mugs in the microwave and cook for 4 minutes on full power until raised and firm to touch (timing based on an 800W microwave). You may need to adjust the timing slightly depending on the size of the mugs and the wattage of your microwave.
10. Repeat with the remaining mixture to make your second batch of muffins in a mug.
11. Delicious served warm, spooned out of the mug, or use a knife to score around the edge of the mug and tip the warm muffin out onto a cooling rack.

## Something to try next time

- The following Let's Get Cooking Muffins can also be cooked in the microwave using a mug: Autumn Feast, Gingerbread and Apple, Spiced Mincemeat and Zesty Raspberry and Lemon.
- Our sweet muffin recipes make 8 muffins, so you'll need to use 4 mugs at a time. The mixture is runnier for sweet muffins than for savoury ones, so you may need to cook for another 30 seconds if they aren't firm to the touch a couple of minutes after they're taken out of the microwave.
- If making the Autumn Feast or Gingerbread and Apple Muffins, try adding 1 x 15ml spoon of our Fast Stewed Fruit recipe or a drained and sliced peach or pear half (both canned in juice) in the mug before adding the mixture. Serve as an upside-down muffin dessert with our Proper Homemade Custard.

## Prepare now, eat later

- The muffins are best eaten very fresh but any left over could be eaten up to 24 hours later if stored in an airtight container, or cool them completely and freeze. Defrost thoroughly before refreshing in the microwave for 30 seconds until hot.

### Skills used include:

Washing, weighing, measuring, grating, beating, mixing/combining and microwaving.