

Pea, Ham and Cheese Muffins

Makes 12

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

300g plain flour

1 tbsp baking powder

1 tsp salt

Pinch dry mustard powder

½ tsp mixed herbs or 2 tsp fresh
chives, finely chopped

1 large egg

100g boursin cheese

200ml full fat milk

100g frozen peas

50g cooked ham, diced

75g Cheddar cheese, grated

Butter for greasing



Preheat the oven to 180°C/350°F/Gas
Mark 4.

Method:

- 1 Grease a 12 hole muffin tin well with butter. Bring a large pan of lightly salted water to the boil and blanch the frozen peas for 2 minutes. Drain and refresh under cold running water.
- 2 Sift the flour, baking powder and dry mustard powder into a large mixing bowl, and add the salt, mixed herbs or chives and some freshly ground black pepper.
- 3 In a separate bowl lightly beat the egg with an electric whisk and add the boursin cheese, whisking until the cheese has broken up and combined

smoothly with the egg. Whisk in the milk, and then, using a wooden spoon, stir in the peas and ham.

4 Pour the wet ingredients into the dry ingredients, and mix lightly and quickly to combine. Spoon the mixture into the greased muffin tin and sprinkle the top of each muffin with grated cheese. Bake in the preheated oven for 20 minutes, or until the muffins are golden brown and firm to the touch.

5 Turn out onto a wire rack to cool. Serve warm with butter, as a light lunch with a cheese omelette, or as a savoury snack in your lunch box.