



# Zucchini Slice Muffins

Source – Coles magazine

**Harvest** – spinach, onion, zucchini, dill

**Vocab Words** – grease, dry and wet ingredients, make a well, whisk

**Skills** – chop, grate, whisk, grease muffin tray, melt butter

## Equipment:

- Metric measuring cups and spoons
- Chopping boards and grips
- Compost bowls
- Knives
- Grater
- Clean chux cloth or tea towel
- Sifter
- Frying pan and wooden spoon
- Large bowl and metal spoon
- Muffin tray
- Skewer and wire rack
- Serving Items – platters and tongs

## Ingredients:

- 2-3 **onions**, finely chopped
- 400gm **self-raising flour**
- 2-3 **zucchini** (depending upon size), coarsely grated,
- 2 handfuls of **spinach** leaves, finely chopped
- 2 tablespoons **dill**, finely chopped (or 1 teaspoon dried)
- 150gm **cheddar cheese**, coarsely grated
- 4 **eggs**, lightly whisked
- 250ml (1 cup) **milk**
- 80gm **butter**, melted (in microwave)
- If needed - **olive oil spray** and/or extra melted **butter**, for greasing muffin tray

## What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
2. Preheat oven to 180°C. Grease a muffin tray with melted butter and olive oil spray.
3. Heat a medium frying pan over medium heat. Cook the onion, stirring, for 5 minutes or until soft. Set aside to cool slightly.
4. Place the grated zucchini in a clean chux and wrap up. Tightly squeeze over a bowl or the sink to remove excess liquid. Place in a large bowl.
5. Weigh the flour and then sift it into the large bowl with the zucchini.
6. Add the spinach, dill and cheese. Add the onion mixture and stir gently to combine. Make a well in the centre of these dry ingredients.
7. Whisk the egg, milk and butter together (wet ingredients) and add to the zucchini mixture.
8. Stir gently until just combined (don't overmix this).
9. Spoon into the muffin trays (ask an adult how to do this using 2 spoons) and bake for 20 minutes or until a skewer inserted in the centre comes out clean. Cool slightly on a wire rack before removing from tray. Serve warm or cold.

## Notes: