

COOK Ahead

Justine Schofield

CHEESY PUMPKIN MUFFINS

This is a great base recipe for savoury muffins that can easily be adapted to suit your taste. Mix in grated zucchini or corn kernels for a lovely sweet burst or add spinach and herbs. For a pop of savouriness, add finely chopped ham, olives or sun-dried tomatoes, and leftover mashed roast vegetables work a treat, too. For a lovely textural contrast, sprinkle seeds and nuts on top.

Makes 12

Steam the pumpkin until tender. Drain and use a hand-held blender to puree the pumpkin, or simply mash with a fork. You will need 300 g (about 1½ cups) of pumpkin puree.

Preheat the oven to 180°C fan-forced and line a standard 12-hole muffin tin with paper cases.

Whisk the pumpkin puree, nutmeg, milk, olive oil and eggs together in a large bowl. Fold in the flour, cheese and herbs and stir until just combined.

Spoon the mixture into the muffin holes until three-quarters full and top with the extra cheese. Bake for 20–25 minutes or until golden and a toothpick inserted in the centre of a muffin comes out clean. Allow the muffins to cool in the tin for 10 minutes before serving.

The muffins will keep in an airtight container in the fridge for up to a week.

450 g butternut pumpkin, peeled and cubed
¼ teaspoon freshly grated nutmeg
160 ml (⅔ cup) full-cream milk
3 tablespoons extra-virgin olive oil
2 eggs, at room temperature
300 g (2 cups) self-raising flour, sifted
125 g (1 cup) freshly grated cheddar, plus extra for topping
6 thyme sprigs, leaves picked



Freeze

Place the completely cooled muffins in snap-lock bags. Seal, label and date. Freeze for up to 2 months.



Thaw

Remove the muffins from the freezer the morning of and pop into lunch boxes; they'll have thawed by lunch. Alternatively, thaw overnight in the fridge.



Reheat

Pop the muffins in a 160°C fan-forced oven for 8–10 minutes or until warmed through.



OUT
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