

# SUTHERLANDS OF PORTSOY

• SINCE 1908 •

THE FINEST FISH FOR FIVE  
GENERATIONS

## Egg Muffin, Homemade Chips and Mixed Vegetables (serves 2)

This is a light meal ideal if not as active. Eggs are a great source of protein. This meal is high in protein can help with making you feel fuller. In addition having a portion of vegetables with your meals will help you achieve your 5-a-day.

### Ingredients

4 eggs

50g leeks, finely chopped

15g (half a matchbox) cheddar grated, if none available any hard cheese, recipe works well without cheese

4 medium white potatoes

1 tsp vegetable oil

Pinch paprika

Pinch salt

Pinch pepper

190g frozen mixed vegetables or whatever is available

### Method

1. Pre-heat oven to 200°C/180°C/392°F/Gas mark 6
2. Slice potatoes into chips, place in a container and mix in seasoning, paprika and oil.
3. Place on a baking tray, ideally lined with greaseproof paper
4. Cook in oven for 25-30 minutes, turning half way through cooking
5. Whisk eggs and season, add leeks or any other vegetables needing used
6. Pour into 6 silicone muffin moulds, if not available lightly grease another mould
7. Bake egg muffins for 10 minutes
8. Remove muffins from oven and sprinkle with cheese bake another 5-10 minutes
9. Serve with your choice of vegetables

#### Front of pack (food) for portion of 365g

Energy 1621kJ 387kcal	Fat 15.3g	Saturates 4.7g	Sugars 5.1g	Salt 0.9g
19%	22%	24%	6%	14%