Savory Pea, Cheddar and Egg Muffins

12 standard egg muffins; 3 muffins per serving | Active 20 min | Cook 24 min | Total 50 min

Ingredients

- 1 cup frozen green peas (150 g frozen starting weight), fully cooked according to the packet, cooled and dried
- 1 teaspoon olive oil (5 ml/4.5 g), for the pan
- 8 large eggs, without shells (400 g)
- 1/2 cup 2% milk (120 ml/120 g)
- 3.5 oz sharp cheddar, finely grated (100 g)
- 3 spring onions, trimmed and finely sliced (30 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon ground black pepper (0.5 g)

Set out

12-well standard metal muffin pan, 80–100 ml per well, Large mixing jug, Whisk, Clean kitchen towel, Fine grater, Instant-read food thermometer, Small saucepan or vented microwave-safe bowl as required by pea packet, Sieve for draining peas

Allergens

Egg, Milk. Check labels and substitutions.

Make it

1. Heat the oven to 375°F/190°C with a rack in the middle. Rub the oil across the bases and sides of all 12 muffin wells.

2. Cook the measured frozen peas according to their full packet instructions. Drain, spread on a clean towel, let visible steam escape and pat thoroughly dry before mixing with the egg.

3. Whisk eggs, milk, salt and pepper in the jug until the whites and yolks are fully combined. Divide peas, cheddar and spring onions equally among the 12 wells.

4. Pour the egg mixture evenly into the wells, leaving a little room at the top. If solids sit above the liquid, press them down gently with a spoon.

5. Bake for 20–24 minutes, until the centers are set and reach at least 160°F/71°C. Check a central muffin without touching the pan with the probe.

6. Rest in the pan for 6 minutes, then loosen with a thin spatula. Serve 3 muffins per portion, or transfer to a shallow container and refrigerate promptly for later.

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Estimated nutrition per serving

Calories: 300 kcal | Protein: 21.4 g | Carbohydrate: 8.7 g | Fat: 19.7 g | Fiber: 1.9 g. One of 4 servings. Batch yield: 12 standard egg muffins; 3 muffins per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A repeatable portion without special products

Three muffins are the base serving. Pack bread or fruit separately if that suits the rest of your meal; those additions are outside this recipe’s nutrition estimate. Leave the other portions refrigerated while you are out training.

A useful detail

These are baked egg cups rather than bread muffins. Do not add flour to compensate for the expected slight settling after baking.

Another way

Use 100 g grated mature Gouda in place of cheddar.

Replace the 150 g peas with 150 g cooked chopped broccoli, cooled and squeezed dry; keep the pieces smaller than a pea for even portions.

Keep it well

Refrigerate promptly in a shallow covered container and use within 3 days. Reheat only the needed portion, covered loosely, until every muffin reaches 165°F/74°C. Freeze separated cooled muffins for up to 1 month; thaw in the refrigerator. Keep chilled during transport.