

# Our Recipe

MEATY  
RECIPE

PEAS WEEK



## Ingredients

Ear-Popping Pea and Ham Muffins – Serves 12

300g plain flour  
15g baking powder  
3g mustard powder  
5g mixed herbs  
1 free range egg  
100g frozen garden peas  
50g sliced ham, chopped  
200ml semi skimmed milk  
175g grated mild or mature cheddar



## Method

1. Preheat the oven to 180°C/350°F/Gas Mark 4.
2. Prepare a 12-hole muffin tin by greasing well with vegetable oil or butter.
3. Bring a large pan of water to the boil and blanch the frozen peas for 2 minutes. Drain and refresh under cold running water.
4. Sift the flour, baking powder and dry mustard powder into a large mixing bowl, and add the mixed herbs.
5. In a separate bowl lightly beat the egg and add three quarters of the grated cheese. Stir in the refreshed peas and ham.
6. Pour the wet ingredients into the dry ingredients and mix lightly and quickly to combine.
7. Spoon the mixture into the greased muffin tin and sprinkle the top of each muffin with the remaining grated cheddar cheese.
8. Bake in the preheated oven for 20 minutes, or until the muffins are golden brown and firm to the touch.

**EAT THEM  
TO DEFEAT THEM**

