

## CHEESY POLENTA MUFFINS

### Equipment needed –

Measuring spoons, measuring cups, large bowl, 2 muffin tins, pastry brush, grater, electric scales, measuring jug, whisk, small knives, chopping board and 3 serving platters.

### Ingredients from the Garden –

- 2 eggs

### Ingredients from the Pantry –

- Oil spray
- 2 tablespoons of olive oil
- 1 cup of plain flour
- 2/3 cup of polenta
- 1 teaspoon of baking powder
- 80 grams of butter
- ½ cup of milk
- 1 teaspoon of vinegar
- 1 cup of grated cheddar cheese
- 1 cup of grated zucchini
- 1/2 cup of grated carrots
- 1 pack of cherry tomatoes

### What to do –

1. Preheat the oven to 180°C. Spray the muffin tins with oil spray and brush ensuring that the pans are well coated.
2. Grate the cheese and set aside. Grate the carrots and zucchini and set aside.
3. Cut the cherry tomatoes into half and set aside.
4. Measure out 1 cup of plain flour into a large bowl. Add 2/3 cup of polenta.
5. Add 1 teaspoon of baking powder and a pinch of salt.
6. Measure out 80 grams of butter using the electric scales then add to the bowl with the flour. Using clean fingertips, rub the butter into the flour until the mixture resembles breadcrumbs.
7. Measure out ½ cup of milk into a measuring jug. Add 1 teaspoon of vinegar and set aside for 5 minutes. The mixture may look curdled.
8. After 5 minutes, add the eggs and whisk until combined.
9. Add the egg mixture into the bowl with the flour. Add the cheese, tomatoes and zucchini and mix well to combine.
10. Spoon the mixture evenly into the muffin pans and bake in the oven for 25-30 minutes or until set and golden. Once cooled, divide the muffins amongst 3 serving platters and serve.

### Serves –

- 25 students.