

Frittata muffins with avocado cream

Cuisine: Other

Food category: Vegetarian dishes

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Program steps

Preheating: 190 °C

1 Hot air 100 % Termination by time 00:20 hh:mm 180 °C 50 %

Ingredients - number of portions - 12

Name	Value	Unit
Eggs	10	pcs
Milk	100	ml
dill	2	g
Salt	2	g
pepper	1	g
American Yellow Mustard	10	g

filling

Name	Value	Unit
mixed peppers	1	pcs
zucchini	0.5	pcs
spring onions, bunch	1	pcs
feta cheese	100	g
tomato	2	pcs
Olive Oil	5	ml

avocado cream

Name	Value	Unit
avocado	1	pcs
soft cream cheese (philadelphia, ...)	100	g
dill	1	g
sugar	2	g
Salt	1	g
pepper	1	g
Lemon juice	5	ml

Nutrition and allergens

Allergens:

Minerals: Ca, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K

Directions

For the muffin, whisk the eggs with milk, dill, salt and pepper, and the mustard.

Chop the ingredients for the filling into small pieces. For the zucchini, it is recommended that you fry them briefly so that they lose moisture. For the tomatoes, it is recommended that you only use the flesh, also so that they do not release too much moisture when baking. You can do the same with the peppers if you want.

Spray a muffin tin with fat, add the ingredients for the filling and fill with the egg mixture. If you want, you can add a few flakes of gratin cheese on top.

Then bake the muffins in the combi steamer as described above. The fan speed should definitely be reduced.

For the avocado cream, mix the avocado with the remaining ingredients and decorate the muffins as desired.

Nutritional value of one portion	Value
Energy	135.3 kJ
Carbohydrate	0.4 g
Fat	4.6 g
Protein	2.1 g
Water	0 g

Recommended accessories

