



Lemisee Al-Halidhi for ILEN0295-May 2021

## VEGGIE MUFFINS

Have you heard\* of "Meatless Monday", the idea of not eating meat on Mondays? Here is a tasty\* vegetarian snack. Try it next Monday!

### INGREDIENTS FOR 12 MUFFINS

- 230g flour\*
- A pinch\* of salt
- 1/2 sachet baking\* powder
- 120g grated\* cheese
- 3 tablespoons\* olive oil
- 180ml whole\* milk
- 1 egg
- 1 courgette, 1 carrot
- A few spinach\* leaves
- 3 tablespoons sweetcorn\*
- 1 small onion

### METHOD

- 1** Preheat\* the oven to 200°C. Grease\* two 6-hole\* muffin tins.
- 2** Mix\* the flour, baking\* powder and cheese in a bowl.
- 3** Mix the oil, milk, egg, and salt in another bowl.
- 4** Grate\* the courgette and the carrot. Chop\* the spinach and the onion. Add\* the vegetables to the bowl with the flour and cheese. Then add the oil, milk and egg mixture\*. Mix well.
- 5** Spoon\* the mixture into the two muffin\* tins.
- 6** Bake\* for 25 to 30 minutes.

### HELP!

**6-hole muffin tin:**  
plaque pour 6 muffins  
**add:** ajouter

**bake:** enfourner  
**baking powder:**  
levure chimique  
**chop:** hacher  
**flour:** farine  
**grate:** râper

**grated:** râpé  
**grease:** beurrer  
**heard of (p) hear of (inf):** entendre  
parler de  
**mix:** mélanger

**mixture:** préparation  
**muffin tin:**  
plaque à muffins  
**pinch of salt:**  
pincée de sel  
**preheat the oven:**

préchauffer le four  
**spinach leaves:**  
pousses d'épinards  
**spoon into:**  
mettre des cuillerées  
**sweetcorn:** maïs

**tablespoon:**  
cuillère à soupe  
**tasty:** savoureux  
**whole milk:**  
lait entier