

# CHEESY TUNA & CORN MUFFINS

Makes 12

Hands-on time: 20 minutes

Hands-off time: 40 minutes

## INGREDIENTS

2½ cups (282,5g) self-raising flour

1½ cups (375g) plain yoghurt

½ tin (205g) cream style sweetcorn

1 cup broccoli, finely chopped

1½ cups (187,5g) grated cheddar cheese

1 tin (170g) Lucky Star Light Meat Tuna Chunks, drained

## Serving suggestion:

Chopped parsley

*\*Microwave cooking times may vary due to wattage; use the timings below as a guide.*

## METHOD

1. Preheat the oven to 170°C, add a light layer of non-stick spray and muffin liners to a 12-hole muffin tin.
2. Sieve the self-raising flour into a large mixing bowl. Add the yoghurt and cream style sweetcorn and stir lightly until just combined.
3. Stir in the broccoli and 1 cup of grated cheese. Gently fold in the Lucky Star Light Meat Tuna Chunks.
4. Spoon the mixture into the lined muffin tin. Sprinkle the remaining cheese on top. *\*Chef's Tip: Use an ice cream scoop with a lever to evenly portion out the batter!*
5. Bake for 28-30 minutes until golden and the cheese has melted. *\*Chef's Tip: When a toothpick comes out clean once poked into the muffins, they are ready!*
6. Remove the muffins from the tin and place on a wire rack to cool for 10 minutes. Garnish with some chopped parsley and ENJOY! *\*Chef's Tip: Freeze any leftover muffins for up to 3 months!*