

CHEESY FRENCH TOAST 'MUFFINS'

Serves 12

Hands-on time: 30 minutes

Hands-off time: 30 minutes

INGREDIENTS

- 7 slices whole wheat brown bread
- 5 large eggs
- 1½ cups milk
- 3 tbsp chopped chives, plus extra for the garnish
- 6 tsp Knorrox Spice All-In-One Flavour
- 1½ cups grated cheddar cheese
- 1 onion, sliced
- 1 small green pepper, diced
- ½ punnet (125g) mushrooms, sliced
- 1 large tomato, diced
- ½ cup diced ham

METHOD

1. Preheat the oven to 180°C and grease a 12-hole muffin tray with non-stick spray.
2. On a large cutting board, slice the bread slices into 2cm squares and set aside. **Chef's Tip: To speed up the process, stack the bread slices before cutting!*
3. In a large mixing bowl, whisk together the eggs, milk, chives and 4 teaspoons of Knorrox Spice All-In-One flavour until well combined. Add 1 cup of grated cheese and stir through.
4. Add the bread cubes into the egg mixture and allow to soak for 10-15 minutes. **Chef's Tip: This can soak overnight for maximum flavour and to create a prep-ahead brunch.*
5. In a large pan over a medium heat, sauté the onion, green pepper and mushrooms and stir until the onions have softened, about 5 minutes. Season the mixture with the remaining 2 teaspoons of Knorrox Spice. Remove the pan from the heat and stir in the diced tomato and ham. Allow to cool for 5 minutes.
6. Add the cooled mixture to the bowl of bread cubes and carefully fold it through the mixture. **Chef's Tip: Any cooked meat can be added to replace the ham and for the vegetarians, you will be happy to hear the meat can be left out!*
7. Divide the French toast mixture in between the prepared muffin tin holes and press down lightly to ensure they bind together. Sprinkle the remaining ½ cup of cheese over the top of each 'muffin'.
8. Bake the French toast 'muffins' for about 30 minutes or until cooked through and the tops are golden and slightly crispy. Allow to cool for 5 minutes.
9. Garnish with the extra chives, serve alongside juice and ENJOY!