



Recipe and image courtesy of Diabetic Living Magazine

Asparagus and Capsicum Muffins

1 HOUR | SERVES: 6

INGREDIENTS

- 8 Peppercorn Extra Lean Beef Chipolatas
- ¼ tsp olive oil
- 1 small red capsicum
- 1 bunch asparagus, woody ends trimmed, cut into 1cm pieces
- ½ red onion, cut into thin slivers
- ¼ cup chopped fresh dill
- 2 eggs
- 250ml (1 cup) skim milk
- 240g (1½ cups) wholemeal self-raising flour

PREPARATION

1. Preheat oven to 170°C (fan-forced). Line 6 x 250ml (1-cup) muffin pan holes with non-stick paper cases, or spray muffin holes with cooking spray.
2. Heat oil in a large non-stick frying pan on medium. Add the capsicum, asparagus and onion. Cook, stirring occasionally, for 4-5 minutes or until just browned. Set aside for 10 minutes to cool. Diagonally slice the chipolatas, then add the vegetable mixture with the dill. Stir to combine.
3. Whisk the eggs and milk in a medium bowl. Add the flour along with the egg mixture to the to the chipolata and vegetable mixture with the dill. Stir until just combined. Divide the mixture between the paper cases. Bake for 20-25 minutes or until the skewer inserted into the centre comes out clean.