



**REDUCED-CARB**  
♦ **MAKE AHEAD**

♦ **PREP 10 MINS**  
♦ **COOK 30 MINS**

½ tbsp coconut oil  
120g cooking chorizo, roughly  
chopped into 1cm pieces  
10 eggs  
1 courgette, grated  
large handful of baby spinach  
75g pizza mozzarella, grated  
4 spring onions, finely sliced  
salt and pepper  
a little butter, for greasing

**Equipment**

12-hole muffin tin

# EGG & CHORIZO MUFFINS

These are so easy and fast to make. They include chorizo and cheese too so you know they'll taste awesome. They make a brilliant low-carb breakfast on the go or a snack at lunch.

Preheat your oven to 180°C (fan 160°C/gas mark 4).

Melt the oil in a frying pan over a medium to high heat. When it is hot, add the chorizo and fry, stirring regularly for 3 minutes, or until the chorizo is cooked through. Remove it from the frying pan to a clean piece of kitchen roll to blot off some of the oil.

Crack the eggs into a large bowl and give them a good whisk. Add the grated courgette, spinach, grated mozzarella, sliced spring onions and finally the cooling chorizo. Season with a little salt and pepper and then give the whole lot a good stir.

Grease the muffin tin with the butter and then spoon equal amounts of the egg mixture into ten of the holes, trying to distribute the ingredients as evenly as you can.

Carefully slide the tin into the oven and bake for 25 minutes, or until the muffins are fully cooked through and lightly golden on top.

Don't attempt to take the muffins out of the tin immediately, as they might break up. Give them a few minutes to cool, then get stuck in.