



Chicken & Sundried Tomato Muffins

Ingredients

- 2 pkts Maggi 2 Minute Noodles Chicken Wholegrain
- 160 g BBQ chicken, shredded
- 240 g Zucchini, grated
- 120 g Carrot, grated
- 0.5 cup Sundried Tomato Pesto
- 4 Egg, lightly beaten
- 1 cup Low Fat Grated Cheddar Cheese

Instruction

1. Preheat oven to 180°C/160°C fan-forced. Grease a 12-hole (1/3 cup/80mL) muffin pan with spray oil.
2. Cook MAGGI Wholegrain 2 Minute Chicken Noodles according to packet instructions (do not add flavour sachet at this stage); drain. Add to a large bowl with flavour sachet, chicken, zucchinis, carrot, sundried tomato pesto, eggs and ¾ cup (90g) of cheese; mix well.
3. Evenly divide mixture into prepared muffin pan and top with remaining cheese; bake for 20 minutes or until golden.

Nutrition

Carbohydrates	9.83 g
Energy	167.34 kcal
Fats	9.03 g
Protein	11.12 g
Sugars	416.08 mg

🕒 23 Minutes

⊕ 12 portions