KIKKOMAN

Breakfast egg muffins with vegetables

Total time **40 mins** **15 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
1,945 kJ / 465 kcal

Fat: **27.9 g** Protein: **26.5 g**
Carbohydrates: **49 g**

INGREDIENTS

2 portion(s)

4	eggs
1 tbsp	thick Greek yogurt
2 tbsp	spelt flour
0.25 tsp	baking powder
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	chopped chives
100 g	courgette
100 g	bell pepper
To serve:	
1 tsp	Kikkoman Toasted Sesame Oil
4 slices	whole grain bread
50 g	rocket
2 tbsp	Kikkoman Spicy Chili Sauce for Kimchi
2 tbsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

Preheat the oven to 180 degrees.

Step 2

Beat eggs with yoghurt, flour, baking powder and Kikkoman Naturally Brewed Soy Sauce. Add the chives and diced vegetables and mix thoroughly. Pour into muffin molds greased with Kikkoman toasted sesame oil and bake for about 25 minutes.

Step 3

Serve them warm with bread, rocket and Kikkoman soy sauce and Kikkoman kimchi sauce on the side for drizzling.