

## 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

## **INGREDIENTS**

2 portion(s)

4 eggs

**1 tbsp** thick Greek yogurt

**2 tbsp** spelt flour

**0.25 tsp** baking powder**2 tbsp** <u>Kikkoman Naturally</u>

**Brewed Soy Sauce** 

**1 tbsp** chopped chives

100 g courgette100 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** <u>Kikkoman Naturally</u>

**Brewed Soy Sauce** 

Fat: **27.9** g Protein: **26.5** g

Carbohydrates: 49 g

## **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.