

July: Recipe of the Month “Bolognese Muffins” | 2013

Ingredients

- 1/2 cup extra light olive oil
- 1 small brown onion, finely chopped
- 1 garlic clove, crushed
- 2 teaspoons fresh thyme leaves
- 200g lean beef mince
- 1 tablespoon tomato paste
- 125g cherry tomatoes, quartered
- 2 cups self-raising flour, sifted
- 3/4 cup finely grated parmesan
- 1/2 cup milk
- 2 eggs, lightly beaten
- 1 tablespoon finely grated parmesan, extra



Method

1. Heat 2 teaspoons oil in a medium frying pan over a medium heat. Add onion, garlic and thyme. Cook, stirring, for 3 to 4 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 to 6 minutes or until browned.
2. Add tomato paste and cherry tomatoes. Cook, stirring, for 1 minute. Stir in tomato sauce. Bring to a simmer. Simmer for 3 to 5 minutes or until tomato softens. Remove from heat. Set aside to cool completely.
3. Preheat oven to 180°C/160°C fan-forced. Grease a 12 hole, 1 2/3-cup capacity muffin pan. Combine flour and parmesan in a bowl. Make a well in centre. Whisk milk, egg and remaining oil together in a jug. Add egg mixture and tomato mixture to well. Stir until just combined.
4. Spoon mixture evenly between prepared holes. Sprinkle with extra parmesan. Bake for 15 to 20 minutes or until golden and just firm to the touch. Stand in pan for 5 minutes. Serve warm.