



NUTRITION *per serving* 8g carbohydrates 64g fat 29g protein 912mg sodium | CONTAINS dairy | carb-conscious



Calories
726



Prep & Cook Time
40-50 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy



BREAKFAST

Cheesy Bacon Breakfast Muffins

with roasted red pepper and broccoli

IN YOUR BOX

- 6 fl. oz. Liquid Egg
- 6 Bacon Strips
- 3 oz. Broccoli Florets
- 2 Green Onions
- 2 oz. Roasted Red Peppers
- 4 fl. oz. Heavy Whipping Cream
- 2 oz. Shredded Cheddar Cheese
- 1 oz. Sour Cream

IN YOUR KITCHEN

- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Muffin Tin
- Medium Non-Stick Pan
- Mixing Bowl

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BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **375 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil
- ❑ Prepare a muffin tin with cooking spray.
- ❑ Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- ❑ If using a casserole dish instead of a muffin tin, use an 8" square dish.
- ❑ **Heads Up! Cheddar cheese** is used twice. Half is added to **egg mixture** and remaining tops **muffins**.
- ❑ **Heads Up! Green onion and bacon** are used twice. **White portions** and most bacon are used in **muffins**. **Green portions** and remaining bacon garnish dish.
- ❑ Watch **muffins** closely to avoid overcooking. Remove from oven as soon as they begin to brown on top.

FROM THE CHEF

Muffins will rise when cooking, then fall back down slightly as they cool.

Leftovers can be refrigerated and quickly reheated in microwave for 45 seconds.

Did you know...

These egg muffins are technically frittatas. If they were baked in a crust, they'd be quiches.



Cook the Bacon

Line a plate with a paper towel. Cut **bacon** into ½" dice. Place bacon in a medium non-stick pan over medium-high heat (no need to preheat) and cook, stirring occasionally, until crisp, 5-8 minutes. Remove to towel-lined plate. While bacon cooks, prepare ingredients. *Dispose of remaining drippings carefully; never down the drain!*



Prepare the Muffins

Fill six compartments of prepared muffin tin ¾ full with **egg mixture** and top with **broccoli, roasted red pepper, white portions of green onions, bacon** (reserve a bit for garnish), and remaining **cheese**. *Any leftover egg mixture can make a bonus muffin.*



Prepare the Ingredients

Cut **broccoli florets** into ½" pieces. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Cut **roasted red pepper** into ½" dice.



Bake the Muffins

Place muffin tin on prepared baking sheet. Bake until **muffins** have slightly risen and are light brown on top, 18-20 minutes. (If using a casserole dish, bake 20-22 minutes). Remove from oven and cool 5 minutes. If necessary, slide a knife or spoon around muffins to release from muffin tin.



Prepare the Egg Mixture

Combine **liquid egg, cream, half the cheese** (reserve remaining to top muffins), ½ tsp. **salt**, and ¼ tsp. **pepper** in a medium mixing bowl.



Plate the Dish

Place **muffins** on a platter and garnish with a dollop of **sour cream**, reserved **bacon**, and **green portions of green onions**.