



NUTRITION *per serving* 13g carbohydrates 43g fat 19g protein 1313mg sodium | low-calorie, low-carb, vegetarian, gluten-free, soy-free, shellfish-free, nut-free



Calories
509



Prep & Cook Time
40-50 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

5 fl. oz. Liquid Egg
3 oz. Baby Spinach
6 oz. Cremini Mushrooms
1 Shallot
6 Dill Sprigs
4 fl. oz. Heavy Cream
1 ½ oz. Feta Cheese
1 oz. Sour Cream

IN YOUR KITCHEN

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

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HOME CHEF

Breakfast for Dinner: Spinach and Feta Muffins

with fresh dill and sour cream

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 **400 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

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up! Dill** is used three times. Half goes into **egg mixture**, most of remaining is mixed with **sour cream**, and six tips garnish dish.
- If you don't have a muffin tin, use an oven-safe 8" square dish or pan and keep cooking times the same.
- Watch **muffins** closely to avoid overcooking. Remove from oven as soon as they begin to brown on top and mixture no longer jiggles when pan is tapped.

FROM THE CHEF

Muffins will rise in oven as trapped moisture turns to steam, but will fall back down as they cool.

Did you know...

Feta is a sheep's milk cheese that gets its distinctive tanginess from maturing in a brine solution for at least two months.



1

Prepare the Ingredients

Coarsely chop **spinach**. Cut **mushrooms** into ¼" slices. Peel and mince **shallots**. Stem and coarsely chop **dill** (reserve six dill tips for garnish).



2

Cook the Vegetables

Place a medium non-stick pan over high heat. Add 1 Tbsp. **olive oil**, **mushrooms**, **shallots**, and a pinch of **salt** to hot pan and cook until mushrooms are lightly browned and moisture has cooked off, 4-6 minutes. Add **spinach** and cook until wilted, 1 minute. Transfer mixture to a plate to cool.



3

Prepare the Egg Mixture

Combine **liquid egg**, **heavy cream**, **feta cheese**, **half the minced dill**, ½ tsp. **salt**, and ¼ tsp. **pepper** in a medium mixing bowl. Combine remaining minced **dill** and **sour cream** in a small bowl.



4

Assemble the Muffins

Blot **vegetable mixture** dry with paper towels. Divide **egg mixture** equally between six muffin compartments, and add vegetable mixture, filling almost all the way up. *Use an 8" square casserole dish if you do not have a muffin tin.*



5

Bake the Muffins

Place muffin tin on prepared baking sheet to catch any drips and bake 22-25 minutes, rotating pan after 12 minutes, or until **muffins** have slightly risen and are light brown on top. Cool 5 minutes before carefully removing from muffin tin. If necessary, slide a knife or spoon around muffins to release from muffin tin.



6

Plate the Dish

Place **muffins** on a plate and garnish with a dollop of **sour cream** and reserved **dill sprigs**. *Leftovers can be refrigerated and microwaved for a quick snack.*