



Chicken & Sundried Tomato Muffins

Ingredients

- pkts Maggi 2 Minute Noodles Chicken Wholegrain
- g BBQ chicken, shredded
- g Zucchini
- g Carrots, cut into matchsticks
- 1/2 1/2 cup Sundried Tomato Pesto
- Egg
- cup Low Fat Grated Cheddar Cheese

Instruction

1. Preheat oven to 180°C/160°C fan-forced. Grease a 12-hole (1/3 cup/80mL) muffin pan with spray oil.
2. Cook MAGGI Wholegrain 2 Minute Chicken Noodles according to packet instructions (do not add flavour sachet at this stage); drain. Add to a large bowl with flavour sachet, chicken, zucchinis, carrot, sundried tomato pesto, eggs and ¾ cup (90g) of cheese; mix well.
3. Evenly divide mixture into prepared muffin pan and top with remaining cheese; bake for 20 minutes or until golden.

Nutrition

Carbohydrates	9.83 g
Energy	167.34 kcal
Fats	9.03 g
Protein	11.12 g

23 Minutes

12 portions