LEEK, CHEESE & SEED MINI MUFFINS (WITH CRICKET FLOUR)

THE GREAT EXHIBITION ROAD FESTIVAL

Makes 12, Prep time: 10 mins, Cook time: 15-18 mins

Ingredients

- 75g plain flour
- 25g cricket flour (25% of total flour)
- ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- ½ tsp black pepper
- 1 small leek, finely chopped
- 50g grated cheese (cheddar, feta, or a mix)
- 1 tbsp mixed pumpkin and sunflower seeds
- 1 medium egg
- 75ml milk (or plant-based alternative)
- 2 tbsp olive oil

Method

1. Preheat oven to 180°C (160°C fan) / 350°F. Grease a mini muffin tin or line with cases.
2. Sauté leek in a pan over medium heat with a little oil until soft (about 3-4 mins). Let cool slightly.
3. In a bowl, whisk together plain flour, cricket flour, baking powder, baking soda, salt, and pepper.
4. Stir in cheese, seeds, and cooled leeks.
5. In a separate bowl, whisk together egg, milk, and olive oil.
6. Gently fold wet ingredients into dry ingredients, mixing until just combined.
7. Spoon the batter into the muffin tin, filling each cup about ¾ full.
8. Bake for 15-18 minutes or until golden brown and a skewer comes out clean.
9. Let cool for a few minutes before serving.