



## Saffron Quiche and Saffron Egg Muffins

### Ingredients:

- 50 mgs Saffron – soaked for previous 24-hours
- 6 Eggs
- ½ cup grated cheese
- 1 small onion – diced finely
- 1 red capsicum – finely diced
- 100 grams ham finely diced
- 100 grams of mushrooms finely diced
- Small handful of finely chopped parsley

### Method:

- Beat eggs, add Saffron infusion and mix in cheese till combined – set aside,
- Lightly fry onion, capsicum, ham and mushrooms till soft,
  - Allow to cool before adding to egg mixture with parsley,
- Spoon mixture into muffin tins or quiche pan,
- Cook at 190 C for approx. 15 minutes.