

MUFFIN WITH PEAS AND POTATOES

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INGREDIENTS

- 200 g boiled potatoes
- 100 g boiled peas
- 200 ml milk
- 80 ml extra virgin olive oil
- 200 g flour
- 1 sachet instant yeast
- Salt to taste
- Pepper to taste
- Nutmeg to taste

PREPARATION

Boil the potatoes until they are soft and transfer to a bowl to leave to cool. Meanwhile, cook the peas in a pan with a tablespoon of extra virgin olive oil.

Mash the potatoes and add the flour, pepper, salt, 50 g of extra virgin olive oil and nutmeg. Mix all ingredients well to form a grainy mixture.

Gradually add milk and the sachet of yeast, then also add the peas.

Place paper cups in a muffin pan and fill each with three tablespoons of the mixture. You can also use an ice cream scoop to dose the mixture.

Bake the muffins in the oven at 180°C for 30 minutes and serve hot or cold.