



Quinoa-Kale Egg Muffins with Mushrooms

Parmesan & Herbs



40min



2 Servings

Of all the ways to make eggs in the morning, muffins are at the top of our list. Made hearty and savory by quinoa, kale, and mushrooms, these perfectly-sized treats have everything you need to fuel your day. With a little Parmesan here, a little dill and chives there, you might be reaching for one at breakfast, lunch, and dinner! (2p-plan serves 12; 4p-plan serves 24)

What we send

- 4 oz mushrooms
- garlic
- 1 shallot
- ¼ oz fresh chives
- ¼ oz fresh dill
- 2 (¾ oz) Parmesan ⁷
- 10 oz ready to heat quinoa-kale blend
- 3 oz mascarpone ⁷

What you need

- olive oil
- kosher salt & ground pepper
- 4 large eggs ³

Tools

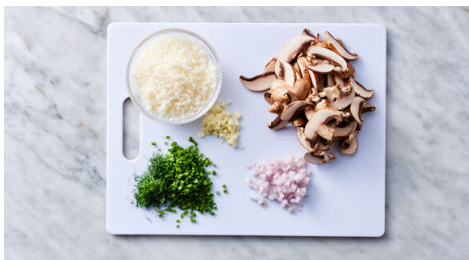
- microplane or grater
- medium nonstick skillet
- 12-cup muffin tin

Allergens

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 120kcal, Fat 9g, Carbs 7g, Protein 6g



1. Prep ingredients

Preheat oven to 375°F with a rack in the center.

Thinly slice **mushrooms**. Finely chop **2 teaspoons garlic**. Halve **shallot** and finely chop one half (save rest for own use). Finely chop **chives**. Pick **dill fronds** from stems and finely chop; discard stems.

Finely grate **all of the Parmesan**.



2. Cook mushrooms

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **mushrooms** and **shallots**; cook until tender and browned, 4-6 minutes.



3. Add quinoa-kale blend

Add **quinoa-kale blend** and cook until warmed through, about 2 minutes. Add **chopped garlic** and cook until fragrant, about 1 minute more. Off heat, season to taste with **salt** and **pepper**. Let cool slightly.



4. Make egg mixture

In a medium bowl, whisk to combine **mascarpone** and **¼ cup water**. Add **4 large eggs**, **1 teaspoon salt**, and **a few grinds of pepper**. Add **¾ of the Parmesan** and whisk to combine.



5. Finish egg mixture

To bowl with **eggs**, mix to combine **mushroom mixture** and **all but 2 tablespoons of the chives and dill**.

Grease a 12-cup muffin tin or line with cupcake liners.



6. Bake & serve

Evenly divide **egg mixture** among muffin tin cups. Top with **remaining Parmesan, chives, and dill**. Bake on center oven rack until center is set and edges just begin to brown, 20-25 minutes.

Let **egg muffins** rest 5 minutes before removing from tins and serving. Enjoy!