Savoury Muffins & Steamed Cauliflower



Soft, tasty muffins packed with beef and veggies, served with tender steamed cauliflower. A wholesome, dairy-free and egg-free lunch for little tummies!

Makes **12 muffins** (6 toddler portions)

Prep time **20 minutes**

Cook time 20–25 minutes

Freezer friendly **Yes** (up to 2 months)

Ingredients



400 g lean beef mince



150 g carrots (± 2 medium), grated



150 g courgette (± 1 medium), grated



1 small onion (± 2 tbsp), finely grated



100 g oat flour (± 1 cup)



300 g cauliflower (± ½ small head), cut into florets



1 tbsp olive oil



1 tsp dried mixed herbs (optional)

Method

1. Preheat the oven to 180°C. Prepare a 12-hole muffin tray with silicone cups or lightly grease it.
2. Wash, peel and finely grate the carrots.
3. Wash and grate the courgette, then squeeze out excess moisture.
4. Finely grate the onion.
5. In a large bowl, combine the beef mince, grated carrots, courgette, onion, oat flour, olive oil and herbs. Mix well.
6. Divide the mixture evenly between 12 muffin cups, pressing it down gently.
7. Bake for 20–25 minutes, until golden and cooked through (internal temperature 71°C).
8. Cut the cauliflower into small florets and steam until tender, about 8–10 minutes.

Portion guide
(per child)
2 muffins
+ 100 ml cauliflower
(± 250 ml total)

Serving & storage

- Cool the muffins and cauliflower promptly.
- Pack 6 portions: 2 muffins and 100 ml cauliflower per container.
- Label 3 portions Week 1 and 3 portions Week 4.
- Freeze for up to 2 months.
- Reheat thoroughly to 74°C before serving.

Tips

- For a softer texture, add 1–2 tbsp of water to the mixture if it feels dry.
- You can swap or add other finely grated veggies (e.g. spinach, sweet potato or pumpkin).
- Ensure all ingredients are dairy-free and egg-free and avoid cross-contact for Miss Lion.