

Sweet Potato, Nigella Seed & Feta Muffins



Makes 12

Prep 25 mins

Cooking 25 mins

Easy

Ingredients

250ml whole milk

1/2 lemon, juiced

1/2 tsp fine salt

250g plain wholemeal flour

2 tsp baking powder

1/2 tsp bicarbonate of soda

1½ tsp nigella seeds

50g grated Italian hard cheese, such as Parmesan, finely grated

8 -10 sprigs thyme. leaves stripped

175g sweet potatoes. coarsely grated

200g feta, crumbled

75g unsalted butter. melted and cooled

2 eggs

1. Preheat the oven to 190C, Fan 170C, Gas 5. Line a 12-hole muffin tin with paper cases. Put the milk, lemon juice and salt in a bowl; set aside for 5 mins.
2. Put the wholemeal flour, baking powder, bicarbonate of soda, 1/4 tsp nigella seeds, the grated Italian hard cheese and 1/2 the thyme leaves in a large mixing bowl. Use a whisk or fork to mix thoroughly, then stir in the sweet potato and all but 2 tbsp of the feta. Season with black pepper.
3. Whisk the butter and eggs into the milk mixture. Pour into the dry ingredients then swiftly and lightly mix together, being careful not to overmix. Divide evenly between the holes of the muffin tin and scatter with the remaining feta, nigella seeds and thyme. Bake for 25 mins until golden and risen. Leave to cool in the tin for 5 mins before transferring to a wire rack to cool completely. Enjoy warm or at room temperature.