

Asian Inspired Egg Muffins

These Asian-inspired egg muffins are a healthy and flavorful snack option. Packed with protein from eggs and infused with Asian flavors, they make a perfect on-the-go snack or light meal.



Snack

Asian

25 min

Total time

Easy

Difficulty

220

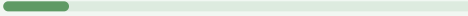
kcal / serving

Nutrition per serving (estimated)

Protein 14 g



Carbs 8 g



Fat 15 g



Fiber 2 g · Sugar 4 g · Sodium 420 mg

Ingredients

- Ingredients for 1 person:
- 2 eggs
- 1/4 cup diced bell peppers
- 1/4 cup diced mushrooms
- 1 green onion, chopped
- 1/2 teaspoon soy sauce
- 1/2 teaspoon sesame oil
- Salt and pepper to taste

Substitutions

Bell peppers – Use an equal amount of finely diced zucchini.

Mushrooms – Use an equal amount of finely diced zucchini.

Soy sauce – Use an equal amount of tamari.

Sesame oil – Use an equal amount of neutral cooking oil.

Steps

- Steps:
- Preheat the oven to 350°F (180°C) and grease a muffin tin.
- In a bowl, beat the eggs and mix in bell peppers, mushrooms, green onion, soy sauce, sesame oil, salt, and pepper.
- Pour the egg mixture into the muffin tin, filling each cup about 3/4 full.
- Bake for 15–20 minutes or until the egg muffins are set.
- Allow them to cool slightly before removing from the tin. Enjoy warm or at room temperature!

Chef's tips

- For an even set, keep the diced vegetables small and distribute them evenly; large pieces can make the muffins break apart.
- The tops should look puffed and set, with no glossy liquid egg in the center. They may deflate slightly as they cool.
- A silicone muffin pan or paper liners can make removal easier; let the muffins rest briefly before lifting them out.

Drink pairing

A crisp, dry sake

Its clean, delicate character complements the savory soy and sesame flavors without overpowering the eggs and vegetables.

0% option: Unsweetened green tea

Storage

Refrigerate leftovers within 2 hours in a covered container and keep for 3-4 days. Reheat until steaming hot, or enjoy chilled.

Frequently asked questions

How can I tell when the egg muffins are done?

They should look puffed and set in the center, without wet or glossy egg. A slight deflation as they cool is normal.

Can I make these ahead?

Yes. Make them ahead and refrigerate in a covered container for up to 3-4 days; reheat until steaming hot before serving warm.

How should I serve them?

Serve warm or at room temperature as a snack or light meal. They also pair well with a simple green salad.