Barry Bean Cheesy Mash Muffins

Ingredients:
- 600g mashed potato
- 100g grated cheese (extra to top)
- 1 egg
- 1 tin baked beans, drained and juice set aside
- Oil for greasing

Method:
1. Mix together the mashed potato, 100g of grated cheese and the egg.
2. Then divide the mixture into 12 even sized balls.
3. Place a portion of the potato mixture into a well greased muffin tin, gently press down and make a shallow well.
4. Place a heaped teaspoon of beans into the well and top with another portion of the potato, making sure it is well sealed.
5. Continue until you have filled your tray and used up all of the mashed potato.
6. Now top with the remaining grated cheese.
7. Place in the oven on a medium heat for 40 minutes, until they are golden and a little bit crispy.
8. Remove and allow them to cool, then dip them into the bean juice and enjoy!