

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!

