

30 minutes

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Biltong and Cheese Egg Cups



Makes 8

Ingredients

- 6 eggs
- $\frac{1}{4}$ cup (60ml) milk
- $\frac{1}{2}$ packet (75g) biltong, chopped
- $\frac{1}{2}$ cup (60g) grated cheddar cheese
- Handful chopped chives + extra for sprinkling
- Salt and milled pepper

Method

1. Preheat oven to 180°C.
2. Whisk eggs and milk together.
3. Stir in biltong, cheese and chives. Season.
4. Divide mixture among 8 paper cups in a muffin tray and bake for 8–10 minutes, or until cooked through.
5. Sprinkle with chopped chives and serve warm, or pack into a lunchbox for later.

Hydrating Orange Water



Makes 500ml

Ingredients

- 2 cups (500ml) coconut water
- Juice (160ml) of 2 oranges
- 1 Tbsp (15ml) honey

- ½ tsp (3ml) pink Himalayan salt or sea salt

For serving:

- Ice
- Orange slices

Method

1. Combine coconut water, orange juice, honey and salt in a jug or large bottle.
2. Stir and serve chilled with ice and garnished with orange slices.

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