

RECIPE

Vegetable Frittata



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SERVES
4 servings

LEVEL
Quite Easy

TIME
20 minutes

INGREDIENTS

400g mixed tinned vegetables, drained
8 large eggs, beaten
80g Cheddar cheese, crumbled
1 tsp paprika
1 - 2 tbsp olive oil (or any oil you prefer)
Pinch of salt and pepper

HOW TO MAKE IT

1. Prepare the tinned vegetables, egg and cheese to the stage described in the list.
2. Heat the oil in a non-stick frying pan on a medium heat, then add the tinned mixed veggies.
3. Stir in the paprika and add a pinch of salt and pepper then fry for 1 minute to warm the veg through.
4. Spread the vegetables into a single layer then pour the beaten eggs over the top.
5. Reduce the heat to low and cover with a lid for 5 minutes, or until the egg is almost cooked on top.
6. Scatter over the crumbled cheese and continue cooking until the cheese has melted. *You can do this either on the hob or pop in an oven at 200C for 10 minutes - uncovered (make sure your pan is oven-safe).*
7. Once the egg looks just about cooked remove from the heat and leave to cool slightly.
8. Carefully slide, or flip, your frittata onto a plate and you're ready to serve

Serve with a slice of crusty bread and fresh rocket salad

OPTIONS & ADAPTIONS

- Use a mixture of fresh seasonal veggies instead of tinned. Gently fry the fresh veg until golden before adding the eggs in to the pan.
- Add 200g bacon, chopped into small pieces, and fry until golden before adding the eggs.
- Try different cheeses such as goats cheese or feta.