

Vegetable Frittata



PREP TIME: 5 minutes

COOK TIME: 20 minutes

SERVES: 6

INGREDIENTS

- ☐ 1 tbsp Olive Oil
- ☐ 1 Onion, finely chopped
- ☐ 1 tsp Garlic, minced
- ☐ 1 Red Capsicum, finely chopped
- ☐ 1 Carrot, grated
- ☐ 190g (1 bunch of 8 stems) Broccolini
- *Can replace with broccoli
- ☐ 150g (1 cup) Peas
- ☐ 6 Eggs
- ☐ 2 tbsp cream
- ☐ 35g (1/2 cup) Cheddar Cheese
- ☐ 1 tsp Dried Oregano
- ☐ 1/2 tsp Pepper
- ☐ Salt (to taste)

INSTRUCTIONS

- 1:** Preheat oven to 220c.
- 2:** In a mixing bowl, whisk together the egg, milk, cheese, herbs and seasoning.
- 3:** Heat oil in a large cast iron pan that you can pop in the oven later, add the onion and garlic and cook for approx 5 mins. Add the capsicum and carrot and cook for a further minute. Add the broccolini/broccoli and cook for a further min. Stir in the peas.
- 4:** Give your egg mixture a final whisk and pour the mixture over the vegetables. Stir briefly to distribute the mixture evenly across the pan.
- 5:** Cook on the stove top for approx 1-2 minutes. Just until the edge of the frittata has turned lighter in colour.
- 6:** Transfer to the oven and bake for approx 8-10 mins, ideally, you should take the frittata out of the oven when the middle still has a SLIGHT jiggle to it or when it is just set and no more.
- 7:** Cool in the pan for 5 mins and then slice and serve.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.