



IN THE KITCHEN

Frittata

This recipe is a great way to use up all sorts of bits and bobs in the fridge to make a tasty and filling meal that everyone will love. Mix up the ingredients to suit what you and your family enjoy eating.

Ingredients:

- 4-6 eggs (to serve 4 people)
- A handful of mushrooms (sliced)
- A handful of frozen peas
- ½ a red pepper (sliced)
- A handful of broccoli florets
- A handful of grated cheese

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You'll also need:

- An ovenproof, flat bottomed dish
- A frying pan
- A whisk
- A mixing bowl

Method:

- Preheat your oven to 180°C/Fan 160°C/Gas 4 and grease the oven dish. Set this aside until needed
- In a frying pan, heat up a little oil
- Add the vegetables to the pan and fry gently until they are soft and tender
- While the vegetables are cooking, crack the eggs into a large bowl and mix together until they are combined
- Once the vegetables are softened add them to the oven dish
- Pour the egg mixture over the top
- Make sure the vegetables are evenly spread around the dish

- Pop it into the oven for around 10-15 minutes or until the egg is no longer liquid

TOP TIP:

Try using cooked bacon, ham pieces, chorizo, onions, garlic, prawns or chilli