



# Frittata

## *Ingredients:*

Eggs – allow 2 per person

Milk

Salt & pepper

Butter

Fillings - choose approximately 3 from the following examples:

Chopped tomatoes, spring onions, chickpeas

Cooked broccoli, cooked potato (bite sized chunks), cooked butternut squash, cooked mushrooms, cooked peppers

Chopped ham, chorizo, cooked bacon, tinned tuna

Cheddar cheese, mozzarella, feta

## *Method:*

Preheat the oven to 180C or turn on the grill, depending on what you are using.

Beat the eggs in a large jug.

Add in all the remaining ingredients, mix well and season with salt and pepper.

Use a small pan if using 2 eggs, or a larger pan if using more.

Rub the base of your pan with a small bit of oil.

Pour the egg mixture into your pan and cook for a few minutes.



Place the pan into the oven or under the grill until the egg is cooked through. \*

This can be served hot or cold.

\* If using the oven to finish cooking your frittata, make sure your pan is suitable for this (ovensafe).

NOTE - You can use any combination of fillings you like – this is a great dish to use up fridge leftovers.