

Breakfast Frittata

This quick, one pan breakfast is a great alternative to a weekend fry up. It's high in protein and a great way to add some veggies to breakfast.

Ingredients

2 free range eggs
1 tsp light olive oil
7- 8 cherry tomatoes
A handful of fresh spinach
2 rashers of good quality bacon (fat removed)
Fresh parsley
Seasoning.

Method

- *Heat up the olive oil in a small frying pan (at the same time turn on the grill).
- *Add the bacon (chopped into pieces), mushrooms(quartered) and cherry tomatoes and sauté in the pan until almost cooked.
- *Add the spinach and fresh parsley and cook for a further few minutes until almost wilted down.
- *Add the eggs (beaten and seasoned) and tilt the pan until they cover all the other ingredients, use a spatula to spread them out evenly.
- *Cook for a further few minutes until the egg is almost cooked through.
- *Transfer under the grill to cook the top until it has slightly browned.

Recipe notes

You can adapt the recipe by omitting the bacon for a vegetarian option and swap with feta cheese (add at the end before grilling).

Swap the spinach for any green veg e.g. kale (but it may need extra cooking time).



Serves : 4
Prep: 5 mins
Cook: 20 mins



Nutrition per serving:
Cals: 278
Protein: 28g
Carbs:6g
Fat: 15g