

# Frittata

Frittata makes a tasty, quick meal and leftovers are useful for breakfast or lunch the next day. It's so versatile as any of your favourite ingredients can be added, plus, it's a great way to eat more veggies and increase your fibre intake supporting digestive health.

## Ingredients

10 whole eggs (or 6 eggs and 300ml of egg whites)

½ tbsp. light olive or coconut oil.

Any of your favourite veggies e.g. onion, leeks, peas, mushrooms, peppers, broccoli, asparagus, spinach, kale, fennel

Fresh herbs e.g. mint, coriander, parsley

Approx. 100g feta cheese (optional)

Seasoning

## Method

\*To prepare your fillings, sauté any of the veg e.g. leeks, onions, peppers etc until they soften in the oil. Steam any other types of veg e.g. broccoli that you might use until it is part cooked.

\*Meanwhile beat 10 eggs in a bowl, season and mix in any chopped fresh herbs. Set aside until needed.

\*Roughly line a 20 by 20cm square baking tin so the bottom and sides are covered and the parchment rises above the tin.

\*Place the veg in the bottom of the lined tin, distributing them all evenly, pour over the beaten egg.

\*Add the feta cheese at this point, crumbling it evenly over the top (it should sink in a bit). Cook in the oven for 20-25 minutes at 170°C until it is cooked through (check the middle).

\*Alternatively you can cook everything together in a frying pan with a metal handle and place in the oven (cook veggies first, then add eggs cooking on stove for 5 mins before transferring to the oven).

## Recipe notes:

To adapt, omit any cheese for dairy free, add cooked new potatoes, sweet potato or butternut squash to increase carbohydrates.

Nutritional info is for feta cheese, peas, leeks and broccoli with whole eggs (using 6 whole eggs and egg whites reduces the calories to 190 / fat to 8g per serving)



Serves :4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
Cals: 240  
Protein: 22g  
Carbs: 7g  
Fat: 12g