



## **Frittata**

**SERVES 4 - 6**

- Frittatas are filling! Bulk out with some salad !
- Use leftovers for breakfast next day!

### **INGREDIENTS:**

- 4 – 6 eggs
- 6 baby potatoes cubed
- Paprika
- Nutritional yeast (good for vegetarians)
- Salt
- Pepper
- 1 onion
- **Veg:** mushroom / cherry tomato / courgette / sweetcorn / olives
- Baby spinach
- Olive Oil
- **Protein Options:** Bacon medallions chopped or leftover chicken pieces , salami , spanish ham, flaked salmon darne / pepperoni
- Parmasen / Mozzarella / Feta Cheese

### **METHOD:**

- Peel and cube potato , place in a jug of water. Leave for 10 minutes until starch has risen to the top. Pour off the starch water. Towel dry with kitch paper.
- Toss into a heated pan with olive oil. Add the diced onion and add seasoning (salt / pepper / paprika and nutritional yeast – seasoning of your choice.



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- Cook on a low heat for 10 mins , tossing regularly. Add a small amount of water if sticking.
- Meanwhile beat your eggs in a large jug and add in all your toppings and cheese.
- Pour over the potato / onion mix in the pan.
- Cook on the hob for 3-4 minutes initially so that its cooked underneath.
- Finish under the grill for 10-15 minutes until golden brown.