



Potato and veggie frittata

Serves four

Vegetarian

Ingredients

- 6 large eggs
- 100ml whole milk
- 4 medium potatoes grated
- 10g grated cheddar cheese
- 1 handful washed spinach
- 3 stalks spring onions – chopped
- 1 cup peas
- 1 red pepper – finely diced
- 1 grated courgette
- 1 tsp garlic puree
- 1 tbsp dried mixed herbs
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp vegetable oil

● Contains egg and milk

Method

1. Whisk the eggs with the milk and add the cheese, salt and pepper.
2. Heat an ovenproof skillet with the oil and add the potatoes, spring onion, red pepper, garlic and mixed herbs, stir well.
3. Cook until soft then add the courgette, peas, and spinach and cook until no water remains in the pan.
4. Add the egg mixture and ensure everything is evenly spread in the pan, cook for 1 or 2 minutes until the egg has set on the bottom of the pan.
5. Transfer to the oven for 10 minutes or until the mixture is set with a slight wobble.
6. Serve with a mixed salad.