

## VEGETABLE FRITTATA



### **Food Fact:-**

Eggs are an amazing source of protein. They are also a rich source of zinc, vitamin A, D, E and B especially B12 which is often lacking in vegetarian diets.

**Preparation time**      **10 MINS**

Serves 4

**Cooking time**      **10 MINS**



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### **Ingredients**

1. Chop garlic, put in microwavable bowl with spring onions, sweet peppers and oil. Cook on HIGH for 2 minutes.
2. Put onion mixture in a round medium deep dish such as a casserole lid. Layer sliced potatoes over onions and add peas and corn and optional extras.
3. In a separate bowl beat together eggs and pour over potatoes and onion mixture. Sprinkle with cheese. Cook on MEDIUM in 2 minute bursts until set. Can be browned under the grill for a few minutes.
4. Leave to stand for 2 minutes before serving with salad and crusty bread, or use cold as a great lunch box treat.

- 3 spring onions chopped
- 1 garlic clove
- 2 tbsp oil
- 250gms cooked sliced potatoes
- 55gms fresh, frozen or tinned peas
- 1/2 sweet pepper chopped
- 25gms tinned sweet corn
- 4 medium eggs

- Optional extras
- Grated cheese
- Diced ham
- Sliced tomatoes

