

Family Frittata



This is an amazingly versatile recipe. You can make it to use up any tired veggies in the fridge. I used some cooked potato which is always in authentic frittata recipes, a red pepper, a courgette and some mushrooms that had all seen better days. Then I topped it with some cooked peas. Really, anything goes. You can go exotic and use smoked salmon and asparagus!

Start by sautéing a large onion till it's soft and just beginning to colour. Add garlic if you like it. Then add your mix of chopped veggies, and cook gently till they have softened.

I suggest two eggs per person, whisked and seasoned. I like to add some milk, or you can put a bit of cream in.

I added some Italian herbs, but you can experiment, even try something spicy.

Pour on the eggs, then cook until it's a bit brown underneath when you lift the side with a palette knife.

Top with grated cheese, Cheddar, Parmesan or what you like.

Then either bake it in a medium oven for 10mins till it's puffed up if your pan is oven proof, or flash it under a hot grill. Sprinkle with parsley, and serve with salad and garlic bread.