



Allergy information

Eggs, milk (If you serve food outside the home you must make allergen information available when asked).

Serves 6

Ingredients

- 5ml vegetable/sunflower oil or spray oil (to grease)
- 100g strong cheddar cheese (reduced fat)
- 12 eggs
- 60ml milk
- 200g peas or 200g tin sweetcorn
- 3 or 4 spring onions or 1 small onion
- 1 carrot
- 1 pepper (any colour will do)
- (Optional extras: left over veg or cooked meat – anything really!)
- To serve: crusty bread and a green salad

Equipment

- Mixing bowl
- Oven proof dish (22cm square Pyrex or similar)
- Fork
- Measuring spoons
- Grater
- Chopping board
- Sharp knife
- Cutlery knife
- Peeler
- Paper towel



Method

1. Use a piece of paper towel and a little oil to grease an oven proof dish. Turn on the oven to preheat 180 fan.
2. Crack the eggs, using the back of a cutlery knife, into a bowl and mix with a fork.
3. Add the milk (or milk alternative) – optional.
4. Grate the cheese and peel and grate the carrot if using, add to the egg mixture.
5. Top, tail and finely slice the spring onion. Deseed and dice the pepper if using.
6. Add the remaining ingredients to the egg mixture, peas or sweetcorn, chopped pepper chopped onions or spring onion... etc.
7. Season with pepper. Pour the mixture into the oven proof dish.
8. Put the dish in the oven and cook for 35/40min at 180 fan. Check if the mixture is cooked by inserting a knife into the middle of the dish. If it comes out clean it's cooked. Enjoy hot or cold.

Serve with crusty bread and a green salad.

Tips and alternatives

- For a vegan version of the Frittata replace the eggs with a chickpea flour batter made from 130g chickpea flour and 240ml water. Whisk the two ingredients together until smooth. If possible, use a blender to ensure a creamy smooth texture. Season well with black pepper.
- For a seasonal change try chopped mushroom and finely sliced kale or chopped red onion and courgette. Sauté the selected ingredients in 15ml oil in a frying pan for a few minutes before adding to the chickpea flour batter.
- If you don't have a 22cm square oven dish no problem. A rectangular or oval one will be fine. If the dish is bigger, the frittata will be a bit thinner and take a little less time to cook so check the dish after 20/25 minutes. A chickpea flour batter version will cook better in a larger dish so the Frittata is not so thick. Alternatively cook on the hob in a frying pan.

