



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

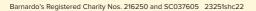
- Use a piece of paper towel and a little oil to grease an oven proof dish. Turn on the oven to preheat 180 fan.
- 2. Crack the eggs, using the back of a cutlery knife, into a bowl and mix with a fork.
- **3.** Add the milk (or milk alternative) optional.
- **4.** Grate the cheese and peel and grate 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.



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