



The Larder presents...

FAM-A-LAM FIT FRITTATA



PREP: 10min
COOK: 20min



SERVES: 4

YOU WILL NEED:

INGREDIENTS:

- 4 Med Sized Potatoes (peeled and cut into roughly 1/2 cm slices)
- 1 Onion (peeled and finely sliced)
- 1-2 Garlic Clove(s) (peeled and pressed or chopped finely)
- 1/2 Cup Peas
- 1/2 Cup Cherry Tomatoes (washed and halved)
- 1 Tbsp Oil or knob of Butter
- 6 Eggs
- 1/2 Tsp Mixed Herbs
- 3 Tbsp Cheese (grated)
- Salt and Pepper (seasoning to taste)

***Allergy Statement:** "Recipe items may contain or come into contact with **WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.**"

YOU WILL NEED:

EQUIPMENT:

- Cup (for measuring)
- Tablespoon (Tbsp)
- Teaspoon (Tsp)
- Chopping Board
- Sharp Knife
- Vegetable Peeler
- Saucepan
- Medium Size Frying Pan (24cm roughly)
- Bowl or Jug
- Fork
- Grater
- Hob
- Spatula or Slice

REMEMBER:

Always **wash your hands** thoroughly before touching and preparing ingredients.

METHOD:

1. **ALWAYS START BY - Washing your hands thoroughly**
2. **Gather together all the equipment and ingredients**
3. **Prepare ALL vegetables** (peel and cut potatoes into roughly ½ cm slices; peel and slice/crush garlic; peel and finely slice the onion; wash and cut the tomatoes into halves;
OTHER VEG WILL ADD HERE)
4. **Turn the hob to a medium heat** and place **saucepan on the hob**
5. **Place the potatoes in the saucepan, add enough water** (off the boil) **to cover** them
6. **Bring the saucepan back to the boil**
7. **Turn hob to a low heat** and **simmer the potatoes gently** for **8 - 10 minutes**
8. **Turn on another hob to a medium heat** and place **frying pan on the hob**
9. **Pour 1 tablespoon of oil OR a knob of butter** into the **frying pan** and **heat slowly**
10. **Add the onion and garlic** to the **frying pan**
11. **Gently fry the onion and garlic mix** for **10 minutes** until **soft**
12. **In a bowl or jug break ALL the eggs** and **beat** with a **fork** until well mixed
13. **Stir ½ teaspoon of mixed herbs** into the **beaten eggs**
14. **CHECK** the **potatoes are soft and cooked through** by piercing with a **knife - IF COOKED DRAIN WELL**
15. **Add the potatoes, tomatoes and peas** to the **frying pan**
16. **Pour the egg mix over vegetable mix** in the frying pan
17. **Add salt and pepper to season** if you wish
18. **Cook gently until the frittata is nearly set** and **golden in colour**
19. **Sprinkle grated cheese over the top**
20. **Cook for 2 minutes** until the **cheese is melted** and the **frittata golden in colour**

THE LARDER TOP TIPS:

- **Serve** with a **crisp green salad** and/or a **chunk of bread** for a filling meal
- **Why not grill your frittata?** Place the frittata under a hot grill once the cheese is sprinkled on top for an extra golden finish (**REMEMBER: Be careful to not let the pan handle get hot – POSITION handle OUTSIDE OF THE GRILL**)

NUTRITION KNOW HOW:

Eggs are an excellent source of protein, vitamins and minerals. The vegetables count towards your 5 a day

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