



The Larder presents...

# FRITTATA



PREP: 10min  
COOK: 20 min  
CHECK AFTER 10min



SERVES: 4

## YOU WILL NEED:

### INGREDIENTS

- 2 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)

## 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 1/2 cm slices; peel and slice/crush garlic; peel and finely slice the onion; wash and cut the tomatoes into halves**
- 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 1/2 a 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.**

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