

22 Spring vegetable and goat's cheese frittata

Makes 1 frittata about 20cm in diameter to serve 2 people

Ingredients

1 tablespoon olive oil

3-4 spring onions, roughly chopped

75g cubed goat's or feta cheese – refer note 1

50g thawed frozen peas or broad beans

50g lightly steamed broccoli, cut into small pieces (either normal or purple sprouting broccoli)

4 large eggs

1 tablespoon chopped parsley (optional)

salt and black pepper

1. Preheat a grill to medium heat.
2. Heat the oil in an ovenproof frying pan (ie one with a metal handle, not a plastic or wooden one) and fry the chopped spring onion gently for a minute or two until softened.
3. Add the peas or beans and cooked broccoli and fry gently, stirring occasionally, just to heat through, about 2-3 minutes.
4. Break the eggs into a jug or bowl, add salt and pepper and beat with a fork. Turn up the heat under the frying pan, wait 1 minute then add the beaten egg mix to the frying pan. Dot the cheese all over the surface of the frittata.
5. Using a palette knife or egg slice, lift up the edges of the frittata allowing the liquid egg to flow back underneath. Cook for about 4 minutes until the base of the frittata is golden brown.
6. Slip the pan under the hot grill for 3-4 minutes to set and brown the top.
7. Allow the frittata to cool in the pan for 5-10 minutes before turning out and slicing. Serve with crusty bread or potato wedges.
8. The cooked frittata can be eaten straightaway warm or it can be cooled, wrapped in cling film and refrigerated ready for another meal.

Note 1

Parmesan flakes or other grated cheese can also be used if preferred