



www.seasonwell.co.uk

## Spring Vegetable Frittata

(Makes 6-8 portions)

### Ingredients:

10 eggs  
2 cloves of garlic, crushed (*optional*)  
Salt and pepper  
4 tablespoon oil

### Vegetables:

1 bunch of spinach or 4 large handful of greens ( eg spinach, chard or kale)  
4 tablespoon chopped chives,  
10 new potatoes, part-boiled  
1 tablespoon chopped fresh rosemary



You can use whatever vegetables you have in a frittata- it's a great way to use up what's in your fridge. Aim for about 3 different vegetables.

### Equipment:

1 large frying pans  
1 large plate  
Sharp knife & chopping board  
Large mixing bowl  
Whisk (*or a fork*)  
Tablespoon  
Wooden spoon

## Cooking Instructions:



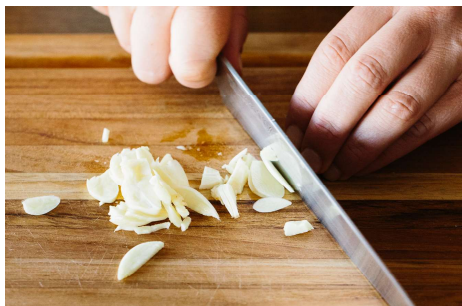
1. Break the eggs into a bowl and whisk together.



2. Slice the greens into 2cm strips (remember to cut out any tough stems first)



3. Parboil the new potatoes for 10 minutes then drain and cut into quarters



4. If using garlic, crush it flat with your knife then chop finely.



5. Place a tablespoon of oil in the frying pan and put on a medium heat. Once it is nice and warm add the spinach stalks, potatoes and garlic and gently fry for a couple of minutes softened



6. Add your chopped greens and rosemary and sautee until wilted



7. Add chopped chives to the egg mixture and a large pinch of salt and pepper. Stir them together.



8. Spread the vegetables evenly in the frying pan. Sprinkle over the cheese and pour over the eggs.



9. Cook the frittata on a gentle heat for 5-10 minutes or until the eggs are just beginning to set.



10. To cook the top of the frittata, put the frying pan under the grill for 5-10 minutes. If you don't have a grill you can flip the frittata over. First loosen the edges with a spatula. Place a plate or pan on top of the tortilla. Turn upside down and slide the frittata back into the pan. Cook for another 5 minutes.



11. Serve in slices. Is nice eaten hot or cold with a salad or with bread.

---

[www.seasonwell.co.uk](http://www.seasonwell.co.uk) For more recipes, ideas on what to eat when and growing advice

---

