

## Recipe 3 – Veggie Frittata

Serves: 4 adults

Preparation: 10 minutes

Cooking: 12 minutes

### Ingredients to put on your shopping list:

- 2 teaspoons vegetable oil
- 6 eggs
- 2 tablespoons milk
- 4 slices of bread (wholemeal if possible)

### Swappable or optional:

- 2 tomatoes, chopped
- 1 courgette, coarsely grated
- 1 pinch ground black pepper (optional)

*You can replace these vegetables with other family favourites, like peas, sweetcorn or a little bit of thinly cut pepper, mushrooms or onion! Or try spinach for a seasonal twist.*

### How to make your veggie frittata:

**Step 1.** Preheat the grill.

**Step 2.** Heat the vegetable oil in a non-stick frying pan. Add the courgette and tomatoes and cook on the hob for 3-4 minutes, stirring often, until soft. Spread out over the base of the frying pan.

*If you use a good non-stick frying pan the frittata will be easy to remove.*

**Step 3.** Beat the eggs and milk together and pour into the frying pan. Cook over a medium-low heat for 4 or 5 minutes to set the base, then transfer to the grill to set the surface - about 3 minutes. Remove from the heat and let the frittata cool for 3 or 4 minutes.

*Take care not to cook over a high heat, or else the base could brown too much before the middle of the frittata is cooked.*

**Step 4.** Toast the slices of bread. Slice the frittata into wedges and serve with the toast.