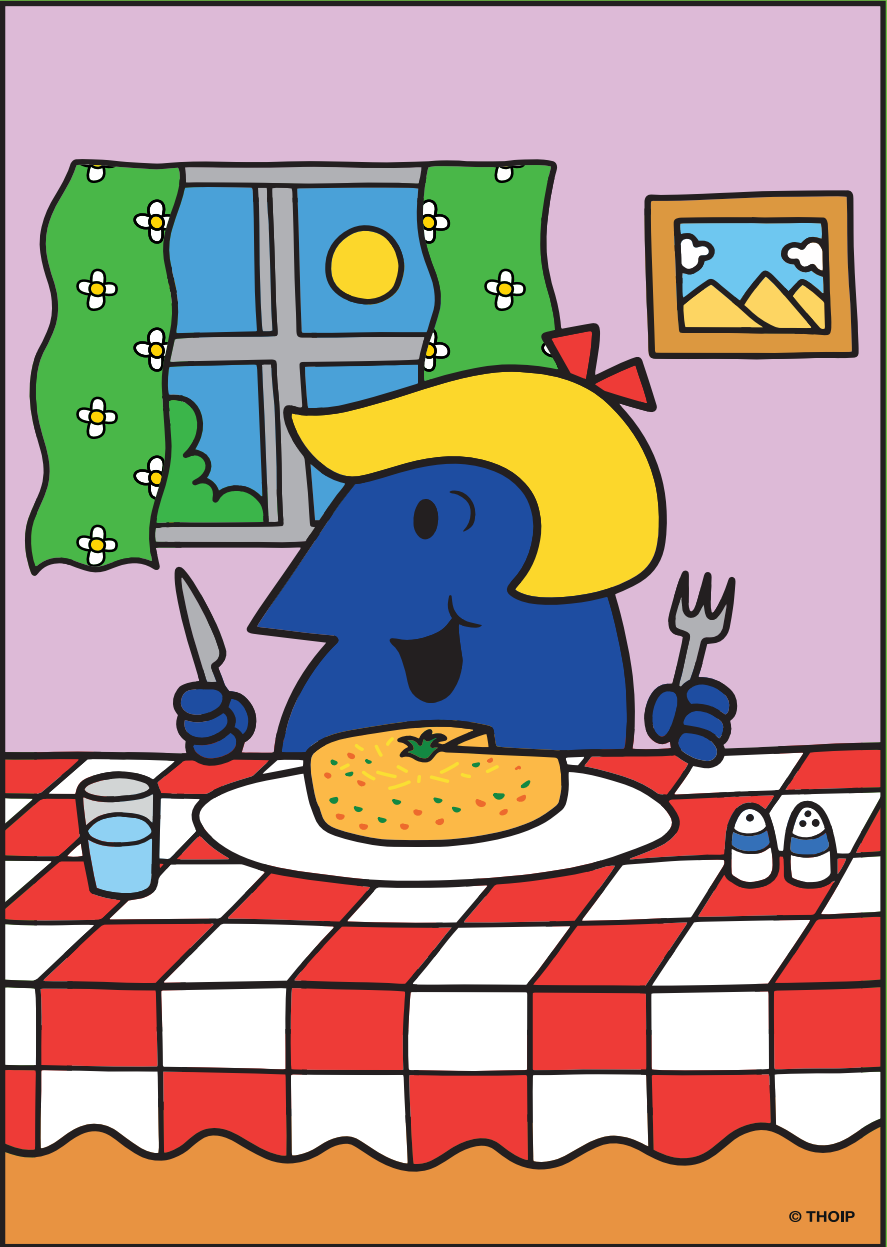


VEGETABLE FRITTATA



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**MR. MEN™
LITTLE MISS™**



Vegetable Frittata

Prep Time : 30 Mins

Cook Time : 15 Mins



Equipment

Tablespoon
Chopping board
Colander
Whisk
Bowl
Wooden spoon
Sharp knife
Muffin case

Ingredients

4-8 cooked new potatoes
1 tbsp of crème fraiche
Mixed fresh herbs such as coriander, thyme, basil and chives
Chopped vegetables: spring onions, mixed coloured sweet peppers, mushrooms, sweetcorn and peas
1 tbsp sunflower oil

Green and black olives (optional)

3 tbsp grated cheddar cheese

Seasonings: white pepper, nutmeg, mustard powder to taste

4 eggs

Eggs are a good source of vitamin D!



Method

- 1 Preheat the oven to **200°C** or **Gas Mark 6**.
- 2 Take the eggs and crack them into a bowl and **whisk them up**.
- 3 **Wash** the mixed herbs and chop them up. Add to the egg mixture along with the crème fraiche, chopped fruits, vegetables and **whisk again**.
- 4 **Lightly grease** the inside of the muffin tray with the sunflower oil. Place the sliced cooked potatoes in the bottom of the tin.



- 5 Pour the egg mixture into the muffin moulds but leave a **2cm gap** at the top.
- 6 **Decorate** the top of the frittatas with the herbs and olives.
- 7 Sprinkle with the grated cheese and place onto the **middle shelf** of the preheated oven.
- 8 Cook until the cheese begins to turn **golden** and the centre of the frittata is set firm.
- 9 The frittata should **pop out** of the muffin tin and can be decorated with washed salad leaves and sliced tomatoes.

