



Veggie Frittata

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

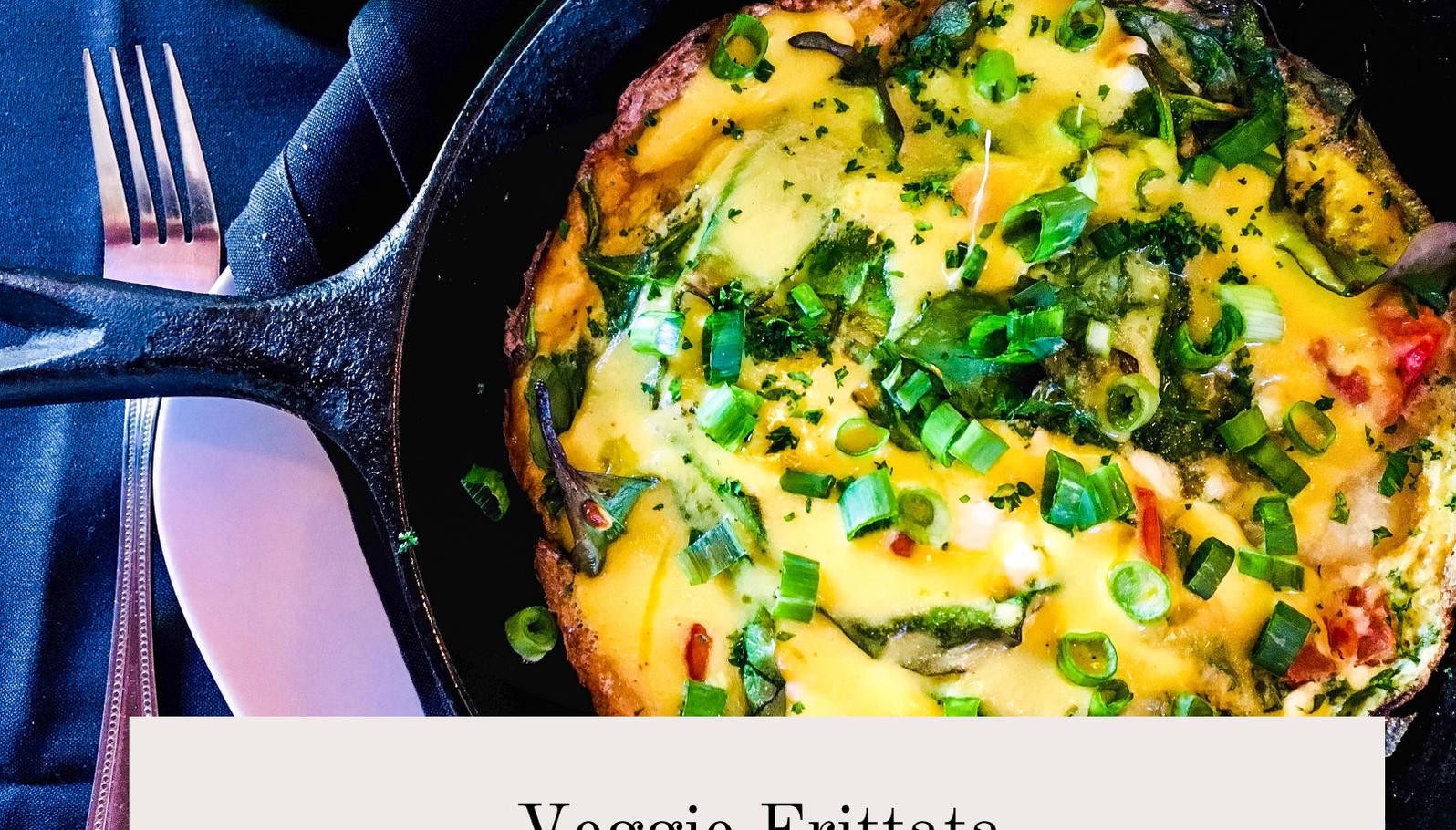
- 8 large free range eggs
- 1/4 cup of milk/cream or substitute dairy for 1/8 cup of water
- Pinch of cayenne pepper (optional)
- 1 fresh long red chilli (optional)
- 2 cups baby spinach
- 1 zucchini, finely chopped or grated
- 4-5 small mushrooms, chopped
- 1 clove garlic, minced or finely chopped
- 2-3 sprigs fresh thyme leaves
- 1 cup shredded cheese, such tasty or cheddar (optional)
- 1/8 cup feta cheese (optional)
- 2 shallots, finely sliced to serve
- Salt and pepper to taste

Directions

1. Preheat oven to 200 degrees celsius.
2. Grate zucchini and squeeze to get rid of the excess liquid or finely chop.
3. Put 1 teaspoon of olive oil or a little butter into the oven proof frying pan, sprinkle in the zucchini and mushrooms and fry for a few minutes, stirring often.
4. Beat 8 large eggs in a bowl with milk if using (or 1/8 cup of water works great!), a pinch of cayenne pepper (if using), the leaves from 2 or 3 sprigs of fresh thyme and half the cheese (if using) then pour the mixture over the zucchini/mushroom.

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5. Stir and mix for 1 minute, then top with remaining cheese (if using) and place in the oven.
6. Bake the frittata for 8 to 10 minutes. Bake until the eggs are set, 8 to 10 minutes. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes; if the eggs are set, pull the frittata from the oven. For a browned, crispy top, run the frittata under the grill for a minute or two at the end of cooking.
7. Finely slice 1 fresh red chilli. Then scatter the frittata with the chilli, crumble over the feta.

Optional: Serve with sourdough toast and simple side salad.

Notes:

- ** Leave out cayenne pepper and chilli if you don't like spicy (this recipe is mildly spicy)
- ** Dairy Free: Leave out milk (substitute for water) and leave out cheese.
- ** Use any vegetables you like! Leftover roast veggies make a very yummy frittata.

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