



Eggs



Vegetarian 🅖

Frittata

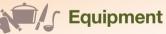
Recipe total cost £4.87

See ingredients and cooking method overleaf...



Serves 4

A simple, vegetarian, omelette-like dish which is easy to cook. Can be eaten hot of cold, perfect for a tasty brunch, lunch, a light supper or even a picnic.



- Saucepan & lid
- Sharp knife
- Chopping board
- Bowl
- Frying pan & lid

- Microwave
- Microwaveable dish
- Cheese grater
- Fork or whisk (to whisk/mix eggs)

* Ingredients and allergens may vary from different food shops and any Quorn products can contact egg, gluten, and milk, so to always check the label



Frittata

Ingredients:

- 8 medium eggs
- 2 medium sweet potatoes
- 100g mushrooms
- 1 carrot
- 1 broccoli stalk
- 100g peas (fresh or frozen)
- 1 bell pepper (red, yellow or green)
- 1 tablespoons mixed herbs and spices of your choice
- 120g reduced fat cheddar cheese
- 1 teaspoons of vegetable oil



Method:

- 1. Whisk all the eggs with a sprinkle of herbs and spices in a mixing bowl. Set aside.
- 2. Dice the sweet potato and add to a large microwaveable dish. Cook in the microwave until soft (Usually around 10 minutes).
- 3. Roughly chop or grate all other vegetables.

- Once the sweet potato is cooked, add the other veg and microwave for a further 10 minutes.
- 5. Add the egg mixture on top and microwave for approximately 20 minutes until the egg is cooked.
- 6. Grate the cheese and put on top of the frittata, either microwave until melted or add to the oven/grill until crispy.
- 7. Serve with whatever you like- baked beans- salad, bread, or on its own!

Hob alternative:

- 1. Whisk the eggs with the herbs and spices. Set aside.
- 2. Dice the sweet potato and add to a saucepan.
- 3. Place on the hob with 100ml of water with a lid and steam for 10 minutes.
- 4. Roughly chop or grate all other vegetables and add in with the sweet potato for another 10 minutes. Add a splash more water if needed.
- 5. Once the water is boiled away, add a tsp of oil into a frying pan and add the potatoes, vegetables, and the egg mix.
- 6. Place a lid on top until the egg is cooked (around 5 minutes).
- 7. Top with cheese and let melt.