

FRITTATA

APPROX 248 KCAL PER FRITTATA SLICE
BASED ON FOUR SERVINGS

— BE —
PORTION
SIZE
— WISE —

£1.07

PER SERVING BASED
ON FOUR SERVINGS

£4.30*

TOTAL COST APPROX



GOT LEFTOVERS?

COOL AND WRAP FISH CAKES IN FOIL AND FREEZE.
CAN STORE FOR UP TO THREE MONTHS.

INGREDIENTS SERVES 4-6

- 200g new potatoes, cubed
- 1 tablespoon olive oil
- 1 red onion, finely sliced
- 1 teaspoon dried mixed herbs
- 1 orange pepper, diced
- 1 clove of garlic, finely chopped
- 1 tomato, chopped,
- 100g feta or cheshire cheese, crumbled
- 5 eggs, beaten
- Ground pepper to taste

METHOD

- Preheat oven to 190°C / gas mark 5
 - Boil potatoes in a saucepan for 10 minutes, drain thoroughly
 - While the potatoes are boiling prepare the onion, pepper, tomato and cheese
 - Heat the oil in a pan, add the onion and cook for a few minutes until the onion starts to become clear
 - Add the pepper and cook for 2 minutes
 - Add the garlic, herbs and potatoes and cook for a further 5 minutes
 - Remove from heat, season with pepper and stir in tomato and cheese
 - Lightly oil a flan dish and spread vegetables around the dish
 - Pour egg over and press down so mixture is mostly covered by egg
 - Bake for 25-30 minutes, until set and golden
 - Slice into wedges and serve
- Lovely served with a green salad

*Cost excludes store cupboard items such as oil, seasonings and spices

RECIPE COURTESY OF HELEN MOYES, HEART OF DERBYSHIRE ADULT EDUCATION TUTOR.

