



Vegetable Frittata

This versatile frittata is a great way to use up leftover veg or meat

Recipe by Chelsea Goodwin



Serves 4-5



Prep: 15 minutes

Cook: 30 minutes

INGREDIENTS

- 1 cup (100 g) grated extra tasty cheese
- 2 tablespoons finely grated parmesan
- ½ brown onion, diced
- ½ red capsicum, diced
- 2 cloves garlic, crushed
- 1 head broccoli (400-500 g), broken up into small florets
- 2 green onions (pale parts finely diced, dark part thinly sliced)
- 10 eggs
- ¼ cup (60 ml) milk
- 1 tablespoon olive oil
- 140 g baby spinach

NOTES

Flavour boost: Chorizo, ham or bacon add extra flavour, but you can also experiment with spices – try 1 teaspoon of paprika or dried chilli flakes. If you have excess parsley, finely chop and sprinkle 1 or 2 tablespoons over the top before baking.

Leftovers: Store in the fridge for up to 3 days or the freezer for up to 3 months. Reheat in the microwave, or in the oven in a foil-covered ovenproof dish. It can also be served cold for lunch.

Substitutions: Frozen spinach can be used in place of baby spinach. Thaw and squeeze as much excess liquid out as possible.

Vegetables: You can use any combination of vegetables for this frittata. Just maintain the same approximate ratios: 10 eggs, ¼ cup milk, 1 cup grated cheese, 3–4 cups chopped veggies.

DIRECTIONS

Prep

1. Preheat the oven to 180°C.
2. Grate the cheeses, dice the onion and capsicum. Crush the garlic and chop the broccoli into small florets. Finely dice the pale parts of the green onion and thinly slice the dark green part.
3. Crack the eggs into a medium bowl, add milk and whisk together. Stir in about 3/4 of the tasty cheese and parmesan. Season generously with salt and pepper.

Cook

1. Heat the oil in a large non-stick, ovenproof frying pan or cast iron pan over medium heat. Add the brown onion to the pan and cook, stirring, for a couple of minutes. Add the diced green onion, broccoli, capsicum and garlic and cook for another few minutes, until just tender. Add the baby spinach and stir until wilted.
2. Spread the vegetables out evenly in the pan then pour the egg mixture over the top. Sprinkle with the remaining cheese. Cook without stirring for 2–3 minutes or until the egg at the outside edge starts to set.
3. Carefully transfer the pan onto a rack in the middle of the oven. Bake for 17–20 minutes, or until fully set.
4. Allow to rest in the pan for a few minutes then slide out onto a plate. Slice into wedges and serve sprinkled with sliced green onion.



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