



Speedy Cheese Frittata

Serves 6



Ingredients:

- 12 eggs
- 2 spring onions
- 3 cups frozen vegetables
- ½ cup frozen spinach
- 150g cheddar cheese
- Small bunch parsley
- Spray oil
- Pepper

Equipment:

- Electric frypan, scissors, knife, large jug, whisk, chopping board, cup, measures, grater, large spoon

Recipe Tip:
Add other vegetables such as grated carrot, zucchini or chopped pumpkin.



1 Cut spring onion finely with scissors. Spray frypan with oil. Turn frypan onto medium-high heat.



2 Add spring onion, frozen vegetables and frozen spinach to frypan and cook until heated through.



3 Crack eggs into jug and season with pepper. Chop parsley, grate cheese and add to jug. Whisk to combine.



4 When vegetables are cooked through, spread evenly in the frypan and carefully pour in egg mixture.



5 Place lid on fry pan and turn down to medium heat. Cook for 10 minutes or until egg is set on top. Allow to cool slightly before cutting into squares.