



Great School Food you can enjoy at home

Recipe

Roast Vegetable Frittata



Ingredients

6 eggs
50ml milk
225g cooked baby potatoes
1 small onion finely chopped
1 courgette finely chopped
50g chopped spinach
2 red peppers finely chopped
100g grated cheese
Salt/pepper

Method

1. Wash baby potatoes and cook whole until soft in salted water, drain well. Roughly smash the potatoes using a potato masher to break them up.
2. Fry off the chopped vegetables (except the spinach) until softened.
3. Transfer the potatoes to a lightly greased baking pan, scatter over the vegetables and chopped spinach.
4. Whisk the eggs and the season with salt and pepper. Pour over vegetable base and sprinkle over the grated cheese.

Bake in oven at 180 degrees Celsius/gas mark 5 until set.

Allergens

Eggs/Milk may contain soya.

My Notes

Makes 4 servings. Try adding fresh herbs or chilli flakes for variety.

