

Frittata

Ingredients

4 eggs
 (Choose 4 of the following ingredients)
 1 red pepper
 2 spring onions
 60g sweetcorn
 60g peas
 1 courgette
 2 slices of ham
 100g grated cheese
 Vegetable oil



Aim Higher

Arrange strips of pepper or asparagus on top of the frittata to improve the appearance.

Equipment

All equipment is provided by school

***REMEMBER TO BRING
 CONTAINER WITH LID TO TAKE
 YOUR FOOD HOME***

Oven temperature 180°C or 160°C fan or Gas mark 4

Method:

1. Preheat the oven.
2. Remove the seeds from the pepper and dice into 1cm chunks and place in a bowl.
3. Snip the spring onions and put them in the bowl.
4. Slice the courgette thinly, then add it to the bowl.
5. Cut the ham into pieces with your scissors, if you do this over the bowl it will fall straight in.
6. Add the peas, sweetcorn and cheese into the bowl .
7. Crack the eggs into a jug and, if any bits of shell fall in, scoop them out with a spoon. Whisk the eggs until the yolks are mixed into the white.
8. Pour the eggs into the bowl and stir. Brush a frying pan with oil. Tip everything into the pan and put in the oven for 30 minutes or until the egg is set.
9. Remove from pan and cut into wedges.