

Allergens*:



Eggs



Milk

Vegetarian 

Frittata

Recipe
total cost
£4.87

See
ingredients
and cooking
method
overleaf...



Serves 4

A simple, vegetarian, omelette-like dish which is easy to cook. Can be eaten hot or cold, perfect for a tasty brunch, lunch, a light supper or even a picnic.



Equipment

- Saucepan & lid
- Sharp knife
- Chopping board
- Bowl
- Frying pan & lid
- Microwave
- Microwaveable dish
- Cheese grater
- Fork or whisk
(to whisk/mix eggs)

* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

You can change what veg you put in depending on what you have in your fridge/freezer!



Ingredients:

- 8 medium eggs
- 2 medium sweet potatoes
- 100g mushrooms
- 1 carrot
- 1 broccoli stalk
- 100g peas (fresh or frozen)
- 1 bell pepper (red, yellow or green)
- 1 tablespoons mixed herbs and spices of your choice
- 120g reduced fat cheddar cheese
- 1 teaspoons of vegetable oil



Method:

1. Whisk all the eggs with a sprinkle of herbs and spices in a mixing bowl. Set aside.
2. Dice the sweet potato and add to a large microwaveable dish. Cook in the microwave until soft (Usually around 10 minutes).
3. Roughly chop or grate all other vegetables.

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4. Once the sweet potato is cooked, add the other veg and microwave for a further 10 minutes.
5. Add the egg mixture on top and microwave for approximately 20 minutes until the egg is cooked.
6. Grate the cheese and put on top of the frittata, either microwave until melted or add to the oven/grill until crispy.
7. Serve with whatever you like- baked beans- salad, bread, or on its own!

Hob alternative:

1. Whisk the eggs with the herbs and spices. Set aside.
2. Dice the sweet potato and add to a saucepan.
3. Place on the hob with 100ml of water with a lid and steam for 10 minutes.
4. Roughly chop or grate all other vegetables and add in with the sweet potato for another 10 minutes. Add a splash more water if needed.
5. Once the water is boiled away, add a tsp of oil into a frying pan and add the potatoes, vegetables, and the egg mix.
6. Place a lid on top until the egg is cooked (around 5 minutes).
7. Top with cheese and let melt.