

Frittata Caprese with Spinach, Tomato and Ricotta



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 5 October 2018

Categories: Dinner Recipes, Lunch Recipes, Vegetarian

This one pan frittata spin on a traditional Italian caprese salad will be a winner at your next meal! Packed with delicious flavours including roma tomatoes, oregano and Parmesan and the milder flavour of ricotta cheese, this simple caprese frittata is a great midweek meal that's easy to make.



Ingredients

- 1 tbsp olive oil
- 250g mini roma tomatoes, halved
- 6 sprigs oregano
- Salt and pepper, to season
- 4 cups baby spinach leaves
- 8 eggs
- ½ cup single cream

- ½ cup finely grated parmesan, plus extra to serve
- 1 cup (240g) ricotta
- Basil leaves, to serve

Method

1. Preheat oven to 220°C (200°C fan forced).
2. Heat oil in a 25cm non-stick ovenproof frying pan over medium heat. Add the tomato, oregano, salt and pepper and cook, stirring, for 1 minute. Add the spinach and cook for 30 seconds, or until wilted.
3. Whisk together the eggs, cream, Parmesan, salt and pepper and pour into the pan. Move the mix around gently with a spatula to cover the base underneath the tomato mixture. Spoon over the ricotta.
4. Transfer to oven and cook for 20-25 minutes or until golden and set. Set aside for 5 minutes to cool slightly.
5. Scatter with basil leaves and the extra Parmesan to serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
321g	2100kj 502kcal	30.5g	39.1g	19.5g	5.3g	4.3g	656mg	3.6g

All nutrition values are per serve.