

Frittata Waffle



Preparation time: 15 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Vegetarian, Kid Friendly



Ingredients

- 2 eggs
- 1 tbsp milk
- 30g (¼ cup) frozen peas
- 30g (¼ cup) mature cheddar
- ½ tomato, seeded and finely chopped
- ½ tsp dried oregano
- Pepper to taste

Method

1. Pre-heat waffle machine
2. Add all ingredients to a small mixing bowl and whisk until combined

- 3. Slowly pour the mixture into the waffle machine, spreading out the mixture if required
- 4. Close lid of waffle machine and cook for 4-5 mins, until the eggs are fluffy and the top is browned

Recipe by Amy Whiteford

Notes

Waffle machines vary in size and functionality. You may require adding an extra egg and adjusting cooking times accordingly.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
136g	696kj 166kcal	13.2g	10.8g	5g	3.2g	2.2g	204mg	1.6g

All nutrition values are per serve.