

Green Herb Frittata

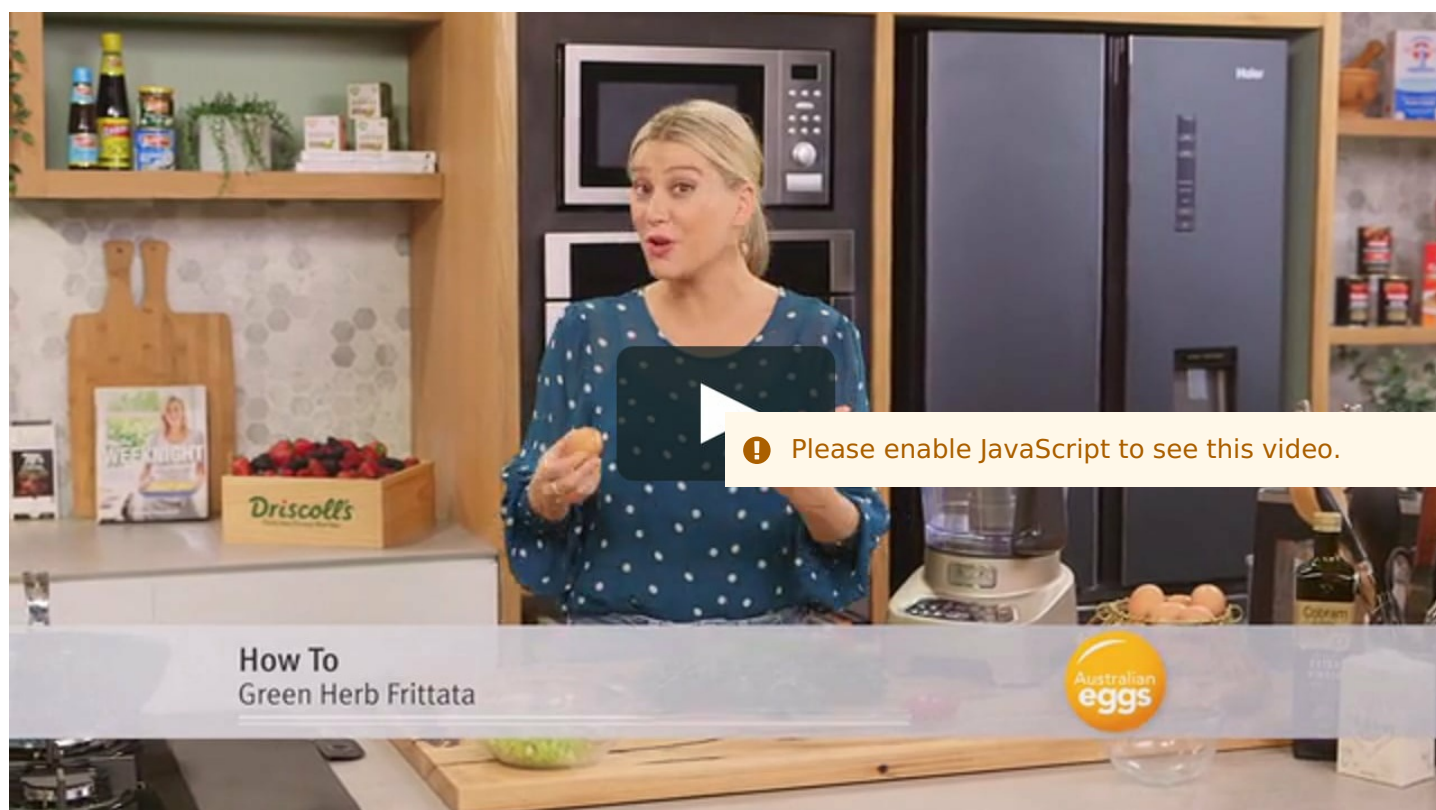
Preparation time: 30 mins

Serves: 4 people

Categories:

Publication: 2 July 2020

Breakfast Recipes



Ingredients

- 1 bunch coriander
- 1 bunch dill
- 1 bunch flat parsley
- 2 tbsp olive oil
- 1 leek, diced
- 1 onion, diced
- 5 eggs, whisked well
- $\frac{1}{4}$ tsp baking powder
- Salt & pepper, to taste

Method

1. Chop the roots, stems and leaves of the herbs and place them into a food processor. Next add eggs, baking powder and seasoning and pulse until well combined.
2. In a 26cm ovenproof non-stick fry pan, gently sweat diced onions and leek with 1 tbsp of olive oil and salt. Once soft, remove all leek and onion from the pan and place in a mixing bowl and cool for 5 minutes. Add egg mixture into onion mixture and combine well.
3. Turn the oven grill on.
4. Heat the same fry pan on the stove to medium high heat and add remaining olive oil. Once hot, pour in egg mixture and flatten the surface with a spatula. Allow to cook on medium heat until the outside edges start to set about 3cm in. Place frittata under the grill for 5-10 minutes to cook until set.
5. Allow to cool slightly and then remove frittata, place onto a chopping board and cut into 6 portions.

Notes

As featured on Everyday Gourmet with Justine Schofield.

