

Individual Silverbeet Frittatas



Preparation time: 40 mins

Serves: 6 people

User Rating: ★★☆☆☆

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Categories: Vegetarian

Packing a picnic lunch? These individual frittatas will be the highlight of any picnic gathering, great for sharing with family and friends and super easy to transport without a mess!

Even better, you can choose your own filling - the only limit to your imagination is what's in your fridge or pantry.





Ingredients

- 1 bunch silverbeet
- 400g reduced-fat fresh ricotta
- 100g reduced-fat fetta
- 5 eggs
- 1/3 cup chopped low fat semi dried tomatoes
- 1 tbsp chopped dill
- 2 tsp finely grated lemon rind
- 2 garlic cloves, crushed

Method

1. Preheat the oven to 180C. Line 6 large muffin cups with non-stick baking paper.
2. Pull the green leafy part from the silverbeet stems. Wash and shake dry, then microwave or saute until wilted. Cool, squeeze out the water, and chop.
3. Mix the ricotta, fetta and eggs with electric beaters. Stir in the remaining ingredients.
4. Divide between the muffin tins, and bake for 30 minutes. Serve at room temperature.

Notes

You could replace the silverbeet with 100g of your favourite vegetables such as red capsicum, asparagus or corn for even more versatility! Why not trying these frittatas as a scrumptious and convenient picnic treat?

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
146g	623kj 149kcal	14.9g	8.9g	3.9g	1.8g	1.7g	376mg	1g

All nutrition values are per serve.

