

Lentil and Tuna Frittata with Tomato Salsa



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 23 October 2012

Categories: Quick & Easy, Dinner Recipes, Lunch Recipes



Ingredients

- 8 eggs
- ½ cup low fat milk
- 1 can lentils
- 1 onion, diced
- ½ red capsicum, diced
- 1 can tuna in spring water
- Pepper to taste

- Spray oil
- Tomato Salad
- 4 tomatoes, medium sized, cut into wedges (use different colours and shapes if available)
- ½ red onion, diced
- ½ bunch chives, chopped
- 1 tsp balsamic vinegar
- 3 tsp extra virgin olive oil
- Pepper to taste

Method

1. Preheat oven to 180c. Crack the eggs into a bowl add milk and whisk. Spray an ovenproof pan or dish with oil place onto the stovetop and heat. Add onions and capsicum and sauté lightly. Add tuna and lentils, stir and then add the egg mixture.
2. Stir and place into the oven for around 15 minutes or until cooked. In the mean time place tomatoes onto a plate, sprinkle with onions, chives and drizzle with oil and vinegar, season with pepper.
3. Remove frittata from oven, leave to cool for 5 minutes than remove from pan and cut into portion size triangles.

Notes

use fresh basil leaves instead of chives

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
438g	1410kJ 337kcal	26.2g	13.7g	3.4g	22.3g	10.9g	247mg	7.1g

All nutrition values are per serve.