

Mini Lunch Box Frittatas 3 Ways Recipe

Preparation time: 25 mins

Serves: 4 people

Categories:

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Kid Friendly

Lunchboxes & Snacks



Ingredients

Makes 12 mini frittatas

- 6 eggs
- 1/4 cup (60 ml) cream
- 1 cup (80 grams) cheddar cheese, grated

- Sea salt and pepper, to season

PEA, ZUCCHINI & PESTO FILLING

- 1/3 cup (50 grams) peas
- 1/3 cup grated zucchini
- 1 tablespoon basil pesto

PUMPKIN, FETA & BABY SPINACH FILLING

- 1/2 cup (75 grams) roasted pumpkin, cubed
- 2 tbs feta, crumbled
- 1/3 cup baby spinach, finely chopped

Ham and tomato filling

- 1 slice ham, finely chopped
- 8 cherry tomatoes, halved

Method

1. Preheat oven to 200 degrees Celsius. Grease a 12-hole muffin tin with olive oil spray or line with 12 papers.
2. Evenly divide the peas, grated zucchini and pesto into 4 muffin cups.
3. Evenly divide the pumpkin, feta and baby spinach into 4 muffins cups.
4. Evenly divide the ham and cherry tomatoes into 4 muffins cups.
5. Place the eggs, cream and cheese into a large jug – season with salt and pepper and whisk to combine. Evenly divide the egg mixture into the 12 muffins cups.
6. Bake for 10-12 minutes or until golden and set.
7. Allow to stand in the pan for 5-10 minutes before loosening with a knife and removing.

Notes

Frittatas are freezer friendly once cooled.