

# Pea and Bacon Frittata



Preparation time: 15 mins

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes, Vegetarian



## Ingredients

- 25g butter, chopped
- 2 tsps olive oil
- 3 lean bacon rashers, finely chopped
- 2 small zucchini, thinly sliced
- 3 green spring onions, finely sliced
- 3/4 cup frozen peas
- 6 eggs, lightly beaten
- Salt and pepper, to taste
- 1 tblsp chopped mint
- 2 tblsps chopped parsley
- 1/4 cup grated parmesan cheese
- 100g feta cheese, crumbled

### PESTO YOGURT

- 200g tub Greek-style yogurt
- 2 tblsps sun-dried tomato pesto
- Pepper

Salad, to serve

## Method

1. To make pesto yogurt, combine yogurt and pesto in a small bowl. Season with pepper.
2. Heat butter and oil in a non-stick frying pan (28cm diameter). Add bacon. Cook, stirring for about 3 minutes, or until lightly browned. Add zucchini. Cook, stirring, for 2 minutes. Stir in spring onions and peas. Cook, stirring occasionally, for a further 2 minutes.
3. Lightly whisk eggs in a jug with pepper, until combined. Pour eggs over pea mixture in pan and sprinkle with mint, parsley and parmesan and feta cheese.
4. Remove frittata from stove top. Place under a hot grill for 4 minutes, or until eggs are set and top is browned.
5. Turn out frittata onto a large serving plate. Cut into wedges, top with pesto yogurt and pepper. Serve with a salad.

## Notes

Serve warm or cold. For a vegetarian alternative, omit bacon. No need to thaw peas before adding to the pan. If using fresh peas, boil or microwave until tender.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
400g	2520kJ 602kcal	42.1g	42g	18.1g	12.4g	10.6g	1540mg	4.1g
Vitamin D								
7.9µg								

All nutrition values are per serve.