



TOMATO, SPINACH & FETA FRITTATA



INGREDIENTS

SERVES 8 TASTINGS

- 6 free-range eggs
- 20g butter
- 1 tbsp olive oil
- 1/2 medium onion, finely chopped
- 1 garlic clove, finely chopped
- 100 g cherry tomatoes, halved
- 200 g frozen spinach
- 100g feta

FROM THE GARDEN

Tomato, Eggs

INSTRUCTIONS

1. Preheat oven to 200C.

Prepare spinach mixture

2. Melt the butter with oil in a frying pan over medium heat, then add onion.
3. Cook onions until they are soft and translucent. Then add garlic and spinach. Cook for approximately 2-3 mins.
4. Transfer spinach mixture to a lightly greased baking dish. Add cherry tomatoes and spread evenly and set aside.

Prepare the eggs

5. In a small bowl, whisk eggs until combined and fluffy and set aside.

Prepare frittata

6. Pour eggs over spinach mixture in the baking dish. Then crumble over the feta and stir gently to combine. Place in the oven and bake for approximately 10 mins or until frittata is firm.



EQUIPMENT

Frying pan, wooden spoon, baking dish, bowl, chopping board, knife, measuring cups & spoons, whisk