



ZUCCHINI, PEAS, MINT & RICOTTA FRITTATA



INGREDIENTS

SERVES 8 TASTINGS

- 6 free-range eggs
- 20g butter
- 1 tbsp olive oil
- 2 small zucchini, thinly sliced
- 1/2 medium onion, finely chopped
- 1 garlic clove, finely chopped
- 1 cup (approx. 125g) frozen peas
- 2 tbsp mint leaves, chopped
- 150g fresh low-fat ricotta

FROM THE GARDEN

Mint, Eggs

EQUIPMENT

- EQUIPMENT
- Frying pan
- Wooden spoon
- Baking dish
- Mixing bowl
- Chopping board
- Knife
- Whisk

INSTRUCTIONS

1. Preheat oven to 200C.

Prepare zucchini mixture

2. Melt the butter with oil in a frying pan over medium heat, then add onion and zucchini. Cook until zucchini is light golden and soft. Then add garlic and stir in peas and mint. Cook for a further 2-3 mins.
3. Transfer zucchini mixture to a lightly greased baking dish, spread evenly and set aside.

Prepare the eggs

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

Prepare frittata

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

