

FRITTATA

WHAT DO I NEED?

YOUR LEFTOVER VEGETABLES, COOKED FROM A PREVIOUS MEAL OR FOUND SAD AT THE BOTTOM OF YOUR FRIDGE - IN NEED OF PURPOSE!

100G FROZEN PEAS

6 EGGS (AT LEAST)

HERBS, SPICES, CHEESE - OPTIONAL ADDITIONS



HOW DO I MAKE IT?

- FRY YOUR RANDOM VEGETABLES & LEFTOVER MEAT IN A LITTLE OIL IN A MEDIUM FRYING PAN.
- BEAT AT LEAST 6 EGGS IN A MIXING BOWL & SEASON. YOU COULD GRATE SOME CHEESE IN AT THIS POINT FOR LAYERS OF DELICIOUSNESS.
- ADD THE FRIED INGREDIENTS INTO THE BEATEN EGG & STIR. THIS WILL START COOKING THE EGG.
- ADD FRESH HERBS & SPICES & STIR THROUGH.
- MELT A LITTLE BUTTER ON A MEDIUM HEAT IN THE SAME FRYING PAN. ADD ALL THE INGREDIENTS BACK & STIR SLOWLY. WHEN THE EGG STARTS TO SET, TIP THE PAN TO SPREAD THE MIXTURE EVENLY. IF YOUR FRYING PAN IS OVEN PROOF, POP IT UNDER THE GRILL UNTIL THE TOP TURNS GOLDEN.

TOP TIP/DID YOU KNOW:

YOU COULD ALSO TIP MIXTURE INTO MUFFIN CASES, IN MUFFIN TINS TO MAKE INDIVIDUAL FRITTATAS. OR EVEN A WELL OILED, SMALL BAKING TRAY WORKS WELL IF YOU HAVEN'T GOT AN OVEN PROOF FRYING PAN.

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KITCHEN



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