

Rainbow Frittata

Serves: 4

Prep time: 15 minutes

Cook time: 25 minutes



1 serve per portion

Ingredients

6 eggs

½ cup milk, reduced fat

160g feta or parmesan cheese, crumbled

1 tablespoon flat leaf parsley, chopped

Cracked black pepper

1 tablespoon extra virgin olive oil

½ medium onion, diced

½ red capsicum, diced

½ medium carrot, grated

½ medium zucchini, grated

½ cup canned sweet corn, drained

6 cherry tomatoes, sliced in half



Everyday Food

Method

PREHEAT oven to 180°C.

WHISK the eggs and milk together in a bowl. Add the cheese, parsley and pepper and stir to combine.

HEAT oil in an oven safe frypan over medium heat. Lightly sauté onion and capsicum for 1-2 minutes, then add carrot, zucchini and corn and cook for 1 minute.

ADD egg mixture to the vegetables and gently combine the two mixtures.

DECORATE with cherry tomatoes and cook for 5 minutes until partially cooked through.

TRANSFER to the oven and cook for a further 5 minutes or until golden brown on top.

Note: if you do not have an oven available, keep the frittata on the stove top and turn down the heat after 5 minutes. Continue cooking on low heat until cooked through. Placing a fry pan lid on top will also help to cook the frittata through.

Recipe courtesy of Suzie van Laarhoven, Country Kitchens team