



Spanish Frittata



Great Because...

Eggs are high in protein and are packed full of iron, vitamin A and folate and this frittata is the perfect dish for a meal, or to cut up into fingers for picnics or packed lunches!

Prepare in... 10 mins

Cooks in... 20 mins

Serves... 24 pinwheels

Ingredients

- 3 large eggs
- 2 tbsps milks
- 2 tbsps of grated parmesan cheese

How To Make

1. Preheat your oven to 180° and line a baking dish with greaseproof paper. Heat a splash of oil in a frying pan and add your choice of vegetables, such as peppers, broccoli, spinach, courgette or asparagus and fry lightly for 3-4 minutes, until your vegetables are soft. You could also add some extra protein, such as chicken or salmon.
2. In a separate bowl, mix the eggs, milk and parmesan together and add your vegetables and proteins until well combined. Then, pour the mixture into your lined dish and bake for 15 minutes. Remove from the oven and allow to cool before cutting into fingers or squares.

