

Green Vegetable Frittata

Season: Spring

Difficulty: Easy

Serves: 15-20 small serves

From the Garden: Leeks, Perpetual Spinach, Kale, Spring Onions, Eggs, Various Herbs

This recipe is for **one** Frittata, we will make **two** per class

Equipment:	Ingredients:
<ul style="list-style-type: none"> • 2 small rectangular baking dishes • Large frying pan • Medium mixing bowl • Whisk • Baking paper • Knife and chopping board 	<ul style="list-style-type: none"> • 6-8 eggs (enough to cover ingredients) • ½ cup of milk • Salt and Pepper • EVOO • 4 cups of washed and chopped vegetables • ½ onion • 2 cloves of garlic • 1 teaspoon of soy sauce • ½ - 1 cup of chopped mixed herbs • 50grams grated cheese

What to do:

- Pre-heat oven to 220C
- Put a large saucepan on a medium heat to warm up while preparing the onion, garlic and vegetables.
- Chop the onion and garlic and put the onion in the pan to cook for a couple of minutes with about a tablespoon of olive oil.
- Choose the vegetables you want to use and wash them thoroughly. Chop them fairly finely.
- Line the base of the tray with a sheet of baking paper.
- Put the garlic and chopped vegetables in the pan and turn up the heat, stirring regularly for about 2 minutes until slightly soft. Add a teaspoon of soy sauce and turn off the heat. Place in the baking tray and spread out.
- Meanwhile crack and whisk the eggs thoroughly with the milk, adding salt and pepper. Pour this mixture over the vegetables.
- Finely chop the herbs and sprinkle evenly over the dish.
- Grate the cheese and sprinkle over the top.
- Place in the oven (with the second Frittata) and turn down to 180C. Cook for 20 minutes or until the Frittata are cooked through (they should be set and golden on top).