



**Pak Choy Frittata**

Season:  All Serves: 2 frittatas (32 tastes)

Difficulty: Easy From the garden: Pak Choy, eggs, spring onions

Allergy advice: contains eggs, dairy (cream), wheat (kecap manis)

Take out a spoonful of stir-fry mix prior to adding eggs and dairy, kids can try vegetables with some gluten free oyster sauce drizzled over.

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| Equipment:* Knives
* Chopping Boards
* Large Frying pan
* bowl
* whisk
* measuring jug
* Wooden spatula
 | Ingredients:* 1 tablespoon oil
* 2 cloves garlic
* 200g button mushrooms
* 1 bunch pak choy
* 2 cups bean sprouts
* 4 spring onions, thinly sliced
* 10 eggs
* 1 ½ cups cream
* kecap manis to serve
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What to do:

1. Finely chop garlic
2. Lightly brush mushrooms with a clean tea towel, then slice thinly.
3. Chop stems and leaves of Pak Choy.
4. Slice spring onions on the diagonal.
5. Whisk eggs and cream together.
6. Heat Griller to 200 degrees
7. Heat  large frying pan with oil, add garlic and mushrooms, saute for 3-4 minutes or until onions are soft.
8. Add pak choy, bean sprouts and spring onions.
9. Heat second frying pan with oil and then divide mixture evenly between 2 frying pans.
10. Pour over egg and cream mix and cook over a medium/low heat until egg begins to set.
11. Finish off cooking of frittata under the griller until golden brown.
12. Flip frittata out and drizzle with kecap manis.