



## Family Frittata

*(Makes 6-8 servings - can be cooled and stored in the fridge for up to 5 days.)*

*Although this recipe uses an oven, the dish can also be cooked in a large non-stick pan. At step 6 below, pour the mixture into the pan, cook over a medium to low heat for 15-20 minutes on one side, turn out onto a plate and flip over to cook for a further 10 minutes.)*

### Ingredients

250g potatoes (white or sweet potatoes), chopped into 2cm cubes  
1 large white onion (about 130g), chopped into 1cm cubes  
2 garlic cloves, crushed  
3 tbsp olive oil (extra virgin if possible)  
1 red pepper (about 150g), chopped into 1cm cubes  
1 courgette (about 150g), grated

50g frozen peas, left in water to defrost  
150g cheddar cheese, grated  
1 large handful of fresh flat-leaf parsley leaves, roughly chopped  
30g self-raising flour  
5 eggs  
60ml milk  
1 tsp of salt  
1 tsp of freshly ground black pepper

### Instructions

1. Preheat the oven to 180C (350F).
2. Grease the base of a square roasting tin (approximately 18cm x 27cm and 4cm deep) and line with baking paper, extending the paper 2cm outside the edges of the tin.
3. Bring a small saucepan of water to a boil. Add the potatoes and par-boil for 3-4 minutes until softened. Drain and set aside to cool.
4. Warm 1 tablespoon of oil in a large frying pan. Add the onion and pepper and fry for 2-3 minutes. Add the garlic and cook until fragrant. Set aside to cool.
5. In a large mixing bowl, combine the grated courgette, peas (drained), parsley, roughly  $\frac{3}{4}$  of the cheese, flour, cooled potatoes, cooked onion, pepper and garlic. Mix well to combine.
6. In a separate bowl, whisk together the eggs, milk and remaining oil. Pour into the large mixing bowl containing the vegetables and mix well to combine. Season with the salt and pepper.
7. Pour the mixture into the prepared roasting tin and spread the contents evenly. Sprinkle with the remaining grated cheese.
8. Transfer the roasting tin to the oven and bake for 25-30 minutes until the top is golden.
9. Allow to cool for 5-10 minutes and serve immediately.