

Baked Frittata

(serves 4)

Preparation time = 25 minutes

Cooking time = 20 minutes



Method

1. Preheat the oven to 200 C, Gas Mark 6
2. Grease the ovenproof dish with the vegetable oil and put it on the baking tray
3. Put the potatoes in the mixing bowl and using the rolling pin bash them until they are crushed into small pieces
4. Top and tail the spring onion and cut it into small pieces using clean scissors
5. Cut the asparagus into small pieces using scissors
6. Add the spring onion, asparagus, peas and parmesan to the bowl and stir it all together
7. Break the eggs into the cup and beat well with a fork
8. Pour the beaten eggs into the mixing bowl and add a pinch of pepper
9. Stir until all ingredients mixed together
10. Pour the mixture into the dish
11. Place the dish into the preheated oven for 20 minutes, or until completely set
12. The fritatta can be eaten hot or cold

INGREDIENTS

- Vegetable oil for greasing
- 200g tinned potatoes
- 4 eggs
- 2 spring onion
- 4 asparagus spears
- 4 tablespoons of frozen peas
- 4 tablespoons grated parmesan cheese
- Pinch of pepper (optional)

EQUIPMENT

- Weighing scales
- Tin opener
- Tablespoon
- Rolling pin
- Large mixing bowl
- Scissors
- Cup
- Fork
- Ovenproof dish (about 800ml capacity)
- Baking tray
- Oven gloves