

Zucchini & Tomato Frittata



CHEF+TEACHER
CAT CLARKE
plant+grow+learn

DIFFICULTY: Easy

SERVES: Depending on cutting size

SEASON: All year

PREP TIME: 15 minutes

COOKING TIME: 15 minutes

SUBSTITUTES: You can change the flavouring of the batter by adding other spices or herbs

EQUIPMENT:

Knife
Board
Bowl
Jar (for dressing)

INGREDIENTS:

1 onion (125 g), chopped
400g grated vegetables (e.g., zucchini, carrot)
2 cups of tomatoes chopped in half
2 tablespoons (20 g) self-raising flour
Salt and pepper to taste
6 eggs, beaten
1/2 cup (60 g) grated tasty cheese
Goats cheese (as we love it)

METHOD:

1. Preheat your oven to 180°C (350°F). Line the base of a non-stick frying pan with baking paper.
2. In a non-stick frying pan over medium heat, sauté the chopped onion until translucent.
3. Add the grated vegetables to the pan and continue to cook until they are softened.
4. Sprinkle the self-raising flour over the vegetables and stir to combine. Cook for another minute to allow the flour to cook through.
5. In a separate bowl, beat the eggs with pepper to taste. Pour the beaten eggs over the vegetable mixture in the frying pan.
6. Sprinkle the grated cheese evenly over the top of the egg and vegetable mixture.
7. Place the frying pan in the preheated oven and bake for 20-30 minutes, or until the frittata is set and golden brown on top.
8. Once cooked, remove the frittata from the oven and let it cool for a few minutes before slicing and serving.
9. Serve the zucchini and tomato frittata warm or at room temperature, garnished with fresh herbs if desired. Enjoy your delicious and nutritious meal!