

Vegetable frittata

An easy to make lunch that's packed with vegetables. It tastes great served hot or cold.

Cooking time: 30-35 minutes

Serves: 2

Nutrition per serving:
292 calories

Ingredients:

- ½ small courgette
- ½ orange pepper
- 8 spring onions
- 10 mushrooms
- 2 tbsp chopped chives
- 4 eggs
- 2 tomatoes
- 2 tsp balsamic vinegar
- chilli powder (optional)

Method:

1. Preheat oven to 200°C, gas 6.
2. Chop ½ small courgette, ½ orange pepper, 4 spring onions and 10 mushrooms, put in a 7in flan dish with 2 tbsp chopped chives, and mix well.
3. Whisk 4 eggs, pour over the vegetables and bake for 20-25 mins until set.
4. Meanwhile, finely chop 2 tomatoes and 4 spring onions, and mix with 2 tsp balsamic vinegar and an optional pinch of chilli powder, and serve with the frittata.

