



EVA HUMPHRIES' GREEN VEG FRITTATA

High in protein with heaps of nutrients, this versatile frittata is packed with greens. Delicious any time of day, mix up your choice of vegetables depending on what's in season.

Ingredients

12 Clarence Court hens eggs, lightly beaten
150g asparagus, roughly chopped
150g sliced broccoli
150g frozen peas

2 large handfuls of spinach
125g of feta cheese
2 teaspoons of rapeseed oil or a knob of butter
Sea salt and freshly cracked black pepper
Grated zest of half a lemon

Method

Preheat a grill to medium.

Heat the oil or butter in a frying pan over a medium heat, add the broccoli, asparagus and peas and cook for 5 minutes until the vegetables begin to soften. Season well with sea salt and freshly cracked black pepper.

Stir in the spinach, season again and grate over the zest of half a lemon. Cook for another minute until the spinach wilts. Pour in the eggs and give the mixture a stir to evenly distribute the vegetables. Cook on a medium heat until the edges are firm (the centre will still be liquid), approximately 10-15 minutes.

Crumble the feta over the top and transfer the pan to under the grill. Grill for 10 minutes until the egg mixture is firm and the feta turns light golden around the edges.

Remove from the pan and either eat immediately or slice it up, allow it to cool and refrigerate. The frittata keeps well in a fridge for up to 3 days.



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FABULOUS EGGS BY FABULOUS BIRDS SINCE 1928



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