



HERBY SALMON FRITTATAS WITH A LIME & MANGO SALSA

Our mini frittatas are made gloriously rich by little flecks of delicious smoked salmon and the silky splendour of our golden Burford Browns. Balanced with a fresh and zesty salsa, it's the perfect answer to a light lunch and can be whipped up in advance.

Prep time 15 minutes | Cook time 30 minutes plus chilling | Serves 16-20

6 spring onions
Olive oil
40g bunch of fresh coriander, leaves and stalks finely chopped separately
6 large Clarence Court Burford Brown eggs
Sea salt
Freshly ground black pepper
100g smoked salmon, chopped
1/2 ripe avocado
1/2 small ripe mango
2 limes
2 tablespoons sesame seeds, toasted

Pre-heat the oven to 160°C/140°C (fan). Line a 20cm brownie tin with greaseproof paper.

Finely slice the spring onions, then place a small frying pan on a low heat and add a splash of olive oil. Add the onions and gently fry for 5 minutes, stirring occasionally or until softened. Tip the onions into a large mixing bowl, then add the chopped coriander stalks and a half of the chopped leaves. Crack in the eggs, whisk well and season with salt and pepper. Fold through the salmon and pour the mixture into the prepared tin.

Place the frittata into the oven and bake for 25 minutes or until golden and cooked through, then remove and allow to cool in the tin at room temperature. When it is cool, place in the fridge to chill completely. This will take around 3 hours, but it can be left covered in the fridge overnight.

30 minutes before you're ready to serve, peel, destone and finely chop the avocado and mango. Place them in a mixing bowl, add the finely grated zest of 1 lime and the juice of 1 ½ limes. Add a good drizzle of olive oil and a pinch of salt and pepper.

Cut the frittata into equal sized squares and place onto a serving board. Top each frittata with a little salsa, the remaining coriander leaves and sesame seeds. Spoon the remaining salsa into a bowl and serve with a Hayman's Exotic Citrus G&T.



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