



GREEN FRITTATA

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2 -3

3 spring/salad onions
2 handfuls of baby spinach
large handful or parsley
8 stalks of tender stem broccoli
handful of peas
8 eggs
salt and pepper
chilli flakes (optional)

METHOD

1. Preheat oven to 180°C.
2. Lightly steam the broccoli and peas.
3. Chop the spinach, spring onions and parsley.
4. Lightly whisk the eggs in a bowl and season with salt and pepper.
5. If you like a chilli hit add chilli flakes to the eggs.
6. In a flan or quiche dish spread a little of the egg mixture.
7. Add all the vegetables and then top with the remaining egg mixture.
8. Cook in a moderate oven for 35-40 minutes, until there's no wobble in the middle.