

THE HEALTH BOOST

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Asparagus & feta frittata



When you love asparagus, the season is not quite long enough, so I try and come up with new recipes to include them at least a couple of times a week. This new recipe could very quickly become a seasonal staple for my family. It is quick to prepare, nutritionally balanced, can be adapted, could be eaten hot or cold, makes a perfect picnic or lunchbox item and when cut into squares, it's a great finger food for the younger ones. What are you waiting for?

INGREDIENTS

Serves 2-4

A bunch of fresh asparagus, steamed, blanched or grilled
3 small onions, chopped or sliced
5 eggs
100-150g Feta, cubed
1 tablespoon raw honey
2 tablespoons olive oil
3 tablespoons of milk
Fresh parmesan, grated

METHOD

Prep Time: 15mins

Cook time: 30mins

- Preheat oven at 180 degree C
- Grease a ceramic or glass ovenproof dish
- Steam the asparagus and set aside
- In a large frying pan, add the onions, olive oil and honey and cook slowly until caramelised

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- Add to the prepared oven dish, spread all over and set aside
- In a large bowl, add the eggs, milk, fresh black pepper and mix well
- In your oven dish, scatter the feta cubes over the caramelised onions
- Pour the egg mixture over the onion and feta
- Spread the steamed asparagus over the mixture
- Sprinkle some freshly grated parmesan over the whole dish
- Slide in the oven and cook for about 30 minutes or until set and golden on top

THE HEALTH BOOST TIP!

Eating local and seasonal foods is very important to us but offering quick and easy healthy options is our main goal. This recipe can be tailored to your taste, special dietary requirements as well as seasonal availability. You can easily remove the cheese for a dairy free option and replace with pancetta or chorizo! If asparagus season is over, chopped peppers, spinach, kale or even garden peas are a great option. I would recommend adding your (maybe) leftover roast potatoes from Sunday lunch into this frittata and there you have it: a perfect prepared ahead lunch box for Monday!