



MUSHROOM AND HERB FRITTATA

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 1

A knob of butter

Large handful of mushrooms

2-3 eggs depending on
hunger levels

Large handful of soft herbs

Black pepper

METHOD

1. Melt the butter over a gentle heat in a large frying pan.
2. Add the sliced mushrooms and cook for a few minutes.
3. Add the eggs to a bowl and whisk lightly with a fork.
4. Grind some black pepper in the eggs.
5. Add the eggs to the mushrooms.
Swirl around to cover the base of the pan.
6. Add the herbs and cook over a gentle heat until the egg is cooked through.
7. You could finish under the grill to cook the egg thoroughly on top.