



Veggie Frittata



Ingredients

- 100ml olive oil
- 2 small brown onions, finely sliced
- 4 garlic cloves, finely sliced
- 1 carrot, peeled and coarsely grated
- 4 rainbow chard, washed and finely sliced or snipped with scissors
- 2 silver beet, washed and finely sliced or snipped with scissors
- 10 pak choy leaves, washed and finely sliced or snipped with scissors
- 1 broccolini, washed and finely sliced or snipped with scissors
- 1 cup parsley leaves, washed and chopped
- 6 large eggs, lightly beaten
- 150ml cream

Preparation

1. Preheat the oven to 170C.
2. Heat olive oil in a non-stick frypan over a medium heat. Add onion and garlic and season with a little salt and pepper. Cook until soft, about 5-10 minutes.
3. Add carrot, rainbow chard, silver beet, pak choy and broccolini. Stir through onion and cook for 2 minutes.
4. Remove to a bowl and stir through parsley.
5. Lightly grease 18 medium sized muffin tins and spoon in vegetable mixture.
6. Combine eggs and cream and pour over vegetables to just cover. Bake for 15 minutes or until cooked through and golden on top.
7. Serve with salad leaves. Makes 18.