



VEGETABLE FRITTATA

A delicious and healthy frittata that is sure to delight.



NORMAL



15



40



6

Ingredients

- 8 eggs
- 1/4 cup light sour cream
- 200g cottage cheese
- 1 cup marinated artichoke hearts, cut into 4
- 1 spring onion, chopped
- 1 cup broccoli, cut into small florets
- 1 cup baby spinach, blanched, squeezing out excess liquid
- 4 basil leaves

Instructions

1. Preheat the oven to 190C.
2. Whisk the eggs, cottage cheese and sour cream. Season with salt and pepper.
3. Oil a baking dish and pour half of the egg mix into the base. Add the artichoke, spinach, spring onion, broccoli and basil, then pour the remaining egg mixture on top.
4. Bake for 30-40 minutes or until the centre is puffed and the tops are golden.