



Kookoo sabzi, Persain herb frittata

Serves: 24

Source: ovenhug.com



Ingredients

3 spring onions, washed, sliced

1 & ½ cups parsley

½ bunch coriander

3 sprigs of dill

2 tablespoons olive oil

2 leaves of silverbeet, washed,
stalk discarded

6 eggs lightly beaten

½ teaspoon garlic powder

1 teaspoon turmeric

3 tablespoons plain flour

1 teaspoon baking powder

Salt and pepper to taste

½ cup tasty cheese, grated

¼ cup pumpkin seeds

1 tablespoon barberries

Olive oil spray

Equipment

Chopping boards

Knives

Measuring cups and spoons

Small frying pan

Food processor

Muffin tin x 1, with baking paper circles for the
base of each hole

What to do:

- Pre heat oven to 180 degrees
- Spray the muffin tin lightly with olive oil, place a circle of baking paper in the bottom of each hole
- Prepare and place spring onion, herbs, olive oil, silverbeet, eggs, spices, flour and baking powder into the food processor. Season with salt and pepper and blitz until well combined
- Pour or spoon mixture into the muffin tin, top each frittata with grated cheese, pumpkin seeds and barberries
- Bake for about 15 minutes, or until set
- Serve