

Mini frittatas

With fresh broad beans and asparagus



Makes 12

Ingredients

- 4 eggs
- ½ cup cream
- 1 tbsp fresh mint, finely chopped
- 1 tbsp chives, finely chopped
- ¼ cup grated parmesan cheese
- ¼ cup grated tasty cheese
- 1 bunch asparagus
- ½ cup broad beans, double peeled
- Freshly ground black pepper
- Butter, to grease muffin cups

Equipment Needed

- Large mixing bowl
- Whisk
- Knife and chopping board
- 12 hole muffin pan
- Wire cooling rack

Notes:

- ✓ There are many flavour combinations to try – bacon and corn, capsicum and tomato, fetta and spinach, use up whatever you have in the fridge!
- ✓ To double peel broad beans: remove broad beans from outer pod. Boil beans for 3 mins in a large pan of water. Drain and cool. Remove outer skin, the inner bean should be beautiful and green and less bitter than with the skin.

Method

- Preheat oven to 180 deg.
- Grease muffin cups well with butter.
- Wash asparagus and discard woody bases. Chop finely into 1/2 cm pieces.
- Whisk eggs and cream together in large bowl.
- Add mint, chives, cheeses, asparagus, broad beans, and pepper.
- Spoon mixture evenly into greased muffin cups.
- Bake for 15 mins or until golden and firm.
- Allow to cool in tray for 5 mins, then turn out onto wire rack.

Don't forget to clean up! 😊