



Warrigal Greens Frittata

Serves 24 tastes

Source: Adapted from Stephanie Alexander



Ingredients

1 onion, thinly sliced
1 clove of garlic, chopped
1 cup Warrigal greens
1 cup Silverbeet, chopped
1 tomato, diced
1 -2 pre-cooked, diced potatoes
1/4 cup mixed fresh herbs,
washed, dried, chopped
6 extra large eggs
100g diced tasty cheese
Salt and pepper
Olive oil

Equipment

Chopping boards
Knives
Measuring cups
mixing bowls
Whisk
Large non -stick fry pan
Egg lifter
2 Large plates

X 2 frying pans

What to do:

- Slice the onion finely and chop the garlic
- Heat 1 tablespoon of olive oil in a pan and sauté onion until transparent, add garlic, cook stirring 1 minute before adding the Warrigal greens and silverbeet
- Cook until the greens are well wilted
- Remove the mixture from the pan, cool and divide mixture into 2
- Chop the herbs
- Dice the potatoes
- Slice the tomato
- You are making 2 identical frittatas....
- In a clean bowl, break in 3 eggs, season with salt and pepper and whisk until combined, add one half of the onion and greens mix, half the herbs, half the potato and half the diced tomato
- Repeat with remaining eggs, vegetables and herbs
- Heat 2 non-stick fry pans over a medium heat. Put 1 tablespoon of olive oil into each pan, when the oil is hot carefully pour the egg and vegetable mixture into the pan
- The mixture should puff and frill at the edges as soon as it hits the hot pan. Make sure the vegetables are in an even layer
- Carefully scatter the diced cheese over each frittata
- Reduce the heat to low and cook for 5 minutes or until the bottom is set and golden brown. Use the egg lifter to check this. The top will still be moist.
- Slide the frittata out onto a plate, place the other plate over the top and being very careful, flip the frittata onto the second plate.
- Slide the frittata back into the pan (raw side down) and complete cooking for 3- 4 minutes
- Slide the cooked frittatas out onto a clean chopping board and divide for serving

