



Summer vegetable frittata

Serves: 24 - 30 tastes

Source: Adapted from Stephanie Alexander – Kitchen Garden Cooking with kids



Ingredients

1 small onion, diced
2 cloves of garlic, chopped
1 zucchini zucchini – chopped into 1cm dice
3 small potatoes, peeled and diced
1/2 punnet cherry tomatoes, halved
1 cob of corn, kernels removed
1/2 cup mixed herbs from the garden, washed and dried
6 large eggs (more eggs if small)
Salt and pepper
Olive oil

Equipment

Saucepan of boiling water – steamer basket and lid
Chopping boards
Knives
Measuring cups
3 mixing bowls
Whisk
2 non -stick fry pans
Egg lifter
2 Large plates

What to do:

- Cut the zucchini and potatoes
- Steam the zucchini over boiling water for 2-3 minutes – then set aside
- Steam the potato for 10-12 minutes, or until cooked, set aside.
- Chop the onion and chop the garlic
- Remove the corn kernels from the cob (grade 3 – adult task)
- Heat 1 tablespoon of olive oil in a pan and sauté onions until transparent, add garlic and cook briefly (take care not to burn the garlic)
- Divide the onion between 2 mixing bowls (you are making x 2 frittatas)
- Chop the herbs and divide into the bowls of cooked onion
- In a clean bowl, break in 3 eggs, season with salt and pepper and whisk until combined, tip this over one bowl of onion and herbs and mix to combine.
- Repeat with the remaining eggs and add to the other onion and herb mix.
- Heat the 2 non-stick fry pans over a medium heat. Drizzle a little oil into each pan, when the oil is hot carefully pour an egg and onion mixture into each pan, arrange the zucchini, potato, corn & tomato over the cooking egg mixture
- 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 one of the plates, 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 and complete cooking for 3- 4 minutes
- Repeat the process with the other frittata, slide the cooked frittatas out onto a clean chopping board and divide for serving

