

Potato Frittata

Equipment	Ingredients
Large fry pan	3 tablespoons olive oil
Small mixing bowls x2	4 large potato peeled and diced
Chopping board	2 brown onions finely sliced
Cook's knife	2 cloves garlic minced
Wooden spoon	6 eggs
Fork	¼ teaspoon each of salt and pepper
Measuring cups	¼ cup chopped fresh herbs
Measuring spoons	¼ cup parmesan cheese (optional)



Method

1. Prepare potato, add to fry pan with olive oil and pan fry until soft.
2. Add onion and garlic and fry for a few minutes.
3. Meanwhile, crack eggs into a small bowl and whisk with a fork. Add herbs (and cheese if using), season with salt and pepper.
4. Pour egg mixture on top of potato mixture. Cover frypan with lid and cook for 5-10 minutes, gently shake the pan occasionally.
5. When frittata lifts easily from the side, it is ready to be turned. Using a plate the same size as the frittata, place it on top and carefully flip it over on the other side.
6. Cook for another 2-5 minutes without lid or until egg is set.
7. Remove frittata onto a plate, let cool before serving.

Suggestion:

Substitute brown for red or spring onion, sweet potato or pumpkin can be used instead of potato.