

# Mini Spinach and Herb Frittatas

Serves 2

## Ingredients

1 medium potato, peeled and sliced into 6 slices  
1 tb. Oil  
½ white onion, finely diced  
1 clove garlic, crushed  
2 cups spinach leaves  
2 tb. Sundried tomatoes, chopped  
3 eggs, lightly beaten  
2 tb. Basil, chopped  
2 tb. Parmesan cheese



## Method

1. Preheat oven 180°C
2. Lightly oil six muffin tins, ½ cup capacity. Place in square baking paper as containers
3. Steam or microwave potato slices and place in the base of lined muffin tin.
4. Add oil to frying pan and heat. Fry the onion and garlic until the onion is clear.
5. Add spinach and stir fry until wilted.
6. Place onion, garlic and spinach mixture into muffin container
7. Place chopped sundried tomatoes on top of the spinach mixture.
8. Pour on the beaten egg
9. Top each frittata with chopped basil and parmesan.
10. Bake for 15 minutes or set. Allow to cool

## Red capsicum relish

1 red capsicum, seeded and finely chopped	1 cup vinegar
1 large white onion, finely chopped	1 ½ ts salt
1 red chilli, seeded and finely chopped	¼ ts ground black pepper
¼ cup sugar	6 whole peppercorns
¼ brown sugar	

1. Combine chopped capsicum, onion and chilli with sugars, vinegar, salt, pepper and peppercorns in medium saucepan. Stir over medium heat until sugars have dissolved
2. Bring mixture to the boil, reduce heat to simmer. Simmer until liquid has reduced by two-thirds.
3. Complete drop test
4. Stir occasionally to ensure the mixture does not stick due to sugar
5. Serve or store in jars.