

Courgette and Tomato Frittata

We launched this new recipe on our Autumn/Winter Menu and it has proved very popular. We thought you might like to try it at home!

Portions 6

Ovenproof Dish

Ingredients	12ml	Oil
	90g	Courgette – coarsely grated
	90g	Fresh Tomatoes – chopped
	5 x	Medium Eggs - beaten
	200ml	Milk
	100g	Cheese – grated
	pinch	Seasoning

Method

1. Preheat oven to 180°C, Gas 4
2. Heat the oil in a frying pan over a moderate heat. Add the courgettes and tomatoes and cook for 3-4 minutes, stirring until soft.
3. Remove from the heat and place in the bottom of ½ gastronorm tin or ceramic dish.
4. Beat the eggs and milk together, season. Pour on top of the mixture, sprinkle with grated cheese then place in the oven for approximately 20 minutes or until the egg is cooked.

Serve with a fresh green salad or a jacket potato

