

COURGETTE FRITTATA



Ingredients

- **1 ONION FINELY SLICED**
- **3 TABLESPOONS OF RAPESEED OIL**
- **2-3 COURGETTES FINELY SLICED**
- **5 EGGS**
- **100ML SKIMMED MILK**

Method

- Pre-heat oven to 180 degrees
- Using a 18-20cm non-stick frying pan, sweat the onion in the oil for 2-3 minutes until soft but not coloured.
- Add the courgettes to the pan, season and cook for a further 4-6 minutes over a medium-low heat, until the courgettes have softened and lightly caramelised.
- Quickly beat the eggs together, season with salt and freshly ground black pepper and pour into the pan. Use a spatula to distribute the egg evenly through the courgettes. Sprinkle with grated cheese. Leave to cook until the egg begins to firm up near the base of the pan.
- Place in preheated oven and bake for 10-15 minutes or until firm
- Perfect served with seasonal salad

