

Summer Vegetable Frittata

Makes: 4 Generous Servings

Ingredients

- ½ tablespoon olive oil
- 1 cup diced courgette
- ½ cup chopped red pepper
- ½ cup chopped onion
- 1 tablespoon chopped fresh thyme
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 garlic cloves, minced
- 8 large eggs



Instructions

1. Heat olive oil in a 10-inch non-stick oven proof frying pan over a medium heat. Add courgette, pepper, onion, thyme, ¼ teaspoon salt, ⅛ teaspoon black pepper and garlic. Cover and cook for 5-6 minutes or until vegetables are tender, stirring occasionally. Stir in tomato. Cook uncovered for 5 minutes or until liquid evaporates.
2. Combine eggs, remaining ¼ teaspoon of salt, and remaining black pepper in a medium bowl; stir with a whisk until frothy. Pour egg mixture into pan over vegetables, stirring gently. Cover, reduce heat and cook for 10 minutes or until almost set in the centre.
3. Preheat Grill.
4. Place pan under grill for 3 minutes or until set and golden. If serving hot flip onto serving platter and cut into 4 wedges. Or leave to cool in pan.

Nutrition information:

Each Serving:

Kcal	227
Fat (sat)	4.2g
Net Carbs	4.3g
Protein	15g