

## Frittata – Tomato, Feta & Basil

**Makes:** 4 Servings

### Ingredients

8 Med Eggs  
200g of Fresh Tomatoes  
1 Clove of Garlic  
5g of Fresh Basil  
40g of Feta Cheese  
Coarse Salt & Pepper  
1 Tablespoon of Olive Oil



### Instructions

Preheat the oven to 190°C/375°F/Gas 5

Slice the tomatoes, chop the basil and mince the garlic and add them into a large bowl. Toss them all together.

In another bowl, whisk the eggs and add a pinch of salt & pepper.

Crumble the feta and set it aside.

Heat the olive oil in an oven proof pan or dish and brush it all over to make sure it's greased evenly. Pour in the whisked eggs, then arrange the tomatoes, basil and garlic evenly over the top. Sprinkle the feta all over and finish with a pinch of salt and pepper.

Cook in the preheated oven for approx 15 minutes, until set.

### **Nutrition information:**

Each Serving: Quarter of Frittata

Kcal	190
Fat	5.0g
Net Carbs	1.5g
Protein	13g