

# Asparagus and Brie Frittata

**Makes:** 4 Servings

## Ingredients

340g (3/4 lb) Asparagus Spears  
60ml (2 fl oz) Olive Oil  
1 Garlic Clove, crushed  
8 Large Eggs  
¼ Tsp Salt (low sodium preferably)  
Freshly ground Black Pepper  
115g (4 oz) Brie Cheese, rind removed and cut into small cubes



## Instructions

Preheat the oven to 230C/450F/Gas 8

Trim the woody ends from the asparagus and discard. Cut the asparagus on the diagonal into 5mm (1/4 in) slices, leaving the tips whole.

Heat the oil in a large ovenproof frying pan (preferably non-stick) over medium heat. Add the asparagus and cook, stirring, until bright and tender-crisp, about 3-4 minutes. Add the garlic and cook for 1 minute, or until it sizzles.

In a large bowl, whisk together the eggs, salt and pepper to taste. Add to the pan and cook over low heat until the edges start to set. With a heatproof rubber spatula, lift all around the sides of the frittata while tilting the pan, to allow the uncooked egg to flow underneath. Let cook for 1-2 minutes, then repeat. Scatter the cheese over the top and poke pieces into the eggs with the spatula.

Transfer the pan to the oven and bake for 7-10 minutes, or until the eggs are set.

Remove the pan from the oven and let stand for a few minutes. Run the spatula around the edges of the pan to loosen the frittata. Transfer to a plate or serve from the pan.

## Nutrition information:

per serving: 389 Kcal - Fat 32.1g - Carbs 3.6g - Protein 20.3g