

Basic Frittata

Serves 8

- 6 large eggs
- 60 ml whole milk or heavy cream
- 35 g chopped onion
- 2 cloves garlic, minced
- 1 dash salt, pepper
- 2 C cooked spinach, mushrooms, chopped, other leftover vegetable, chopped in small pieces, other protein
- 1 tsp fresh thyme (or other herb)
- 55 g cheddar cheese, shredded



1. Preheat oven to **200°C**
2. Lightly beat **eggs** and **cream+**
3. Over **medium heat**, sauté **onions**, **garlic** first until limp, then add other **vegetables**, **herbs**, **salt** and **pepper**
4. Pour egg mixture over vegetables, shaking pan so eggs don't stick to bottom. Loosen edges with spatula and tilt the pan so that the uncooked part runs around the pan.
5. Just before eggs are about to set, sprinkle the **cheese** on top and remove from heat.
6. Put in oven for **about 4 minutes** or until cheese has melted and eggs are set but still a bit wobbly.
7. Slide onto platter and cut into wedges, or serve directly from pan.