

Potato Asparagus Frittata

Serves 4 to 6

Use a well-seasoned oven-proof 25cm skillet.

- 2 medium size potatoes, quartered (230g)
- 10 asparagus spears or other root vegetables
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp paprika
- ⅛ tsp cayenne pepper
- ¼ tsp garlic powder
- 2 tsp fresh thyme
- Pinch nutmeg
- 30 g butter (divided)
- 1 fresh onion, sliced
- 60 g grated cheddar cheese
- 12 g parmesan cheese
- *4-6 large eggs
- 3 T whipping cream



Instructions

- Preheat oven to **180°C**.
- Bring the quartered **potatoes**, **480 ml of water** and **1 tsp of salt** to a boil in a saucepan. Reduce the heat and simmer until the potatoes are just tender. Remove the potatoes and set aside. When the potatoes have cooled, cut them into 13-mm dice.
- Beat the **eggs** and **cream** together, the set aside.
- Braise the **asparagus** until tender, cool, then cut into 10-cm-long pieces and set aside with the potatoes.
- Heat 15 g of **butter** in the skillet, and sauté the **onion** until softened.
- Add the **thyme** and toss.
- Combine the **onion** and **thyme** with the **potatoes** and **asparagus**.
- Stir the **cheese**, **¼ tsp salt**, and a bit of **pepper** into the **eggs**.
- Heat the remaining **15 g of butter** in the skillet and pour the **egg** and **cream mixture** into the skillet and cover. Once the bottom of the frittata is firm, spread the vegetables on top evenly and cover. Continue cooking until the egg is no longer runny.
- Transfer the skillet to the oven and bake until the frittata top is set and dry to the touch (****about 4-8 minutes** [depends on how many eggs were used]).
- Run a spatula around the edge to loosen the frittata. Invert onto a serving plate or cut slices from the pan. Serve warm, at room temperature, or chilled.

* If adding this, use: 6 eggs: leftover chicken, 2 slices cooked bacon, mushrooms, broccoli, steamed spinach, red bell pepper. All vegetables should be precooked.

**Closer to 8 minutes