



THE WRITERS' GREENHOUSE

Spring: Italian Frittata

Flexible, fresh, and quick: flash-fried vegetables in an open omelette, topped with cheese



Serving and times

Active time: 5–10 mins

Serves: 2 (easily halved or doubled)

Ingredients

- 4 eggs, whisked
- 2 teaspoons butter / oil
- ½ teaspoon salt
- 2 handfuls of vegetables (see below)
- grated/crumbled cheese of your choice

Suggested combinations

This is what “2 handfuls of vegetables” roughly equates to, in actual veg. Any veg that you can also eat raw does perfectly: use what you have and what you fancy.

- 200g spinach (it looks like masses but quickly fries down to almost nothing), optional half-onion, lemon zest, topped with blue cheese
- 1 red pepper, 1 courgette, 1 chilli, optional half-onion, topped with cheddar
- 1 onion, 1 pepper, chilli flakes, topped with cheddar
- 2 courgettes, optional half an onion, topped with goats cheese
- 1/2 cup of peas and 50-100g mangetout or asparagus tips, topped with parmesan
- Peas and fresh herbs, topped with feta.

You could also add meats: ham, chorizo fried slowly to render it, bacon bits, etc.

Method

- Put the grill on to pre-heat.
- Whisk your **eggs** and the **salt** together.
- In a pan on the stove, heat the **butter / oil** and add pepper / chilli / any spices you're using.
- Fry your **vegetables** – choose your temperature accordingly. I gently wilt spinach on medium heat, and sear peppers and courgette on high heat.
- When the vegetables are almost done, turn the heat down to medium-low.
- Pour in your whisked **egg**, stir briefly to mix the egg and veg, shake the pan lightly to redistribute the egg, and return to the heat.
- While it cooks, grate or crumble your cheese over the top.
- After 2–3 minutes, when the bottom is cooked but the top is still wet. pop it under the grill for 1–2 minutes to cook the top and melt the cheese.
- Slice in the pan and lift out with a spatula, to serve.

Notes

- **Leftovers:** Any leftovers keep well in the fridge and make a lovely cold lunch.
- **Pan sizes for doubling or halving:** The recipe scales easily, but remember to scale your pan size too. If the frittata's too thin, it won't hold together; too thick, it'll struggle to cook through. These are the approx pan sizes I use:
2 eggs: 20cm pan
4–6 eggs: 24cm pan
6–8 eggs: 30cm pan
- **Wet vegetables:** If you use onions, mushrooms, tomatoes, courgettes, or any other vegetables that hold a lot of water, fry them for longer first so they release any water and it boils off before you add the eggs.
- **Herbs:** If you want to use any soft-leaved herbs (basil, mint, tarragon, coriander, chives, etc) chop them finely and mix with the raw egg.

Recipe credits: Italians, generally, and Megan