

Vegetarian Frittata

Calories: 119 kcal

Servings: 1

Time: 20 Mins

Ingredients

- 60.00 g Baby Spinach
- 1.00 tbsp Basil (fresh, chopped finely)
- 15.00 g Cheese (Parmesan)
- 2.00 whole Eggs
- 1.00 clove Garlic (crushed)
- 40.00 g Green Capsicum
- 0.50 tsp Oil
- 1.00 tbsp Parsley (fresh)
- 2.00 g Salt and Pepper (to season)

Instructions

1. Pre-heat grill to medium heat.
2. Heat oil in oven safe frying pan, sauté garlic and capsicum until just tender. Add in spinach and cook until wilted.
3. Beat eggs in a medium bowl, stir in basil and parsley, and season with salt and pepper.
4. Pour egg mixture to pan with vegetables, cook uncovered under medium heat until set.
5. Sprinkle with cheese and place under grill for another 3 minutes until frittata is lightly browned. Serve while hot.