

Keto Taco Frittata

Calories: 0 kcal

Servings: 4

Time: 0 Mins

Ingredients

Instructions

1. Over a medium heat on the stove, heat the oil or ghee in a large oven-safe fry pan
2. Add the onion and saute till translucent (around 3min)
3. Dice Zucchini into 1cm pieced and add to the fry pan to cook for 4 minutes until soft. *see notes*
4. Add in the beef mince, water, and taco seasoning and cook for around 4-5 minutes until the beef is completely browned up.
5. Turn the Grill in the oven to around 220°C. Crack eggs, whisk and combine with the shredded cheddar cheese then pour into the fry pan and stir to combine. Then cook covered for 8-10 mins on a low heat until the frittata is firm.
6. Place under the grill for around 5 minutes or until the top is crisp and brown.
7. Let the Frittata cool, then slice into 8 Pieces (2 slices per serve). You can serve fresh with sour cream, avocado and keto salsa or store in airtight container in the fridge for up to 5 days to eat at a later date.