

# Onion Frittata

**Calories:** 552.0 kcal

**Servings:** 1

**Time:** 15 Mins

## Ingredients

- 1.00 pinch Basil (finely chopped)
- 15.00 g Cheddar Cheese
- 15.00 ml Cream
- 2.00 whole Eggs
- 0.50 tsp Olive Oil
- 40.00 g Onions (finely chopped)
- 2.00 g Salt and Pepper (to season)

## Instructions

1. Preheat oven on grill mode.
2. In a bowl, whisk eggs and cream until combined. Add fresh basil, salt and pepper.
3. In a large oven safe fry pan, heat oil on low heat. Add onions and cook until caramelised.
4. Pour egg mixture into pan and increase to a medium heat. Cook for 5 minutes.
5. Sprinkle grated cheese on top, then place pan in oven to finish cooking under the grill for 4 minutes until set.
6. Slide frittata out of pan onto a serving platter and enjoy while hot.

## Equipment

- Oven Safe Fry Pan