

Mean Green Frittata

Ingredients

2 medium red washed potatoes or equivalent Sweet Potato
Broccoli florets 1-2 cups
Bunch Baby Leeks thinly sliced (approx. 6) or shallots, or red onion diced
2 cloves Garlic, minced/diced finely
100gm mushrooms, sliced, diced or chopped
12 XLarge Free Range 'Happy Hen' Eggs
Half Bunch Baby/English Spinach roughly chopped
1 tin Lentils, drained
1 med Zucchini sliced
1 bunch Asparagus, inch pieces
1 cup grated cheese
Coconut Oil, 1 – 2 tblspn
Salt, Pepper, Chili or Tobasco Sauce



Method

Cut potato into one cm thick slices, place into pot boiling salted water and cook for 2 mins or just tender. Take potato slices out with tongs, drain, reserve boiling water. Add Broccoli florets to water, allow to simmer for 1 minute. Drain.

Heat a heavy base 27cm non-stick overproof pan. Add tblspn coconut oil, fry off garlic, baby leeks until tender. Add spinach, broccoli, asparagus, beans – or all green vegies, mushrooms etc – to pan, cooking until just wilted/tender. Remove from pan for a moment.

Add tblspn coconut oil to pan. Place potato slices to cover base, cook a further 2 min until nearly tender and lightly golden, turn and repeat other side.

Add vegies back to pan on top of potato layer, add Lentil to vegies and gently mix through greens, continue to heat for couple of mins.

Whisk eggs, add salt pepper and tobacco/hot chili sauce, mixing well then pour over vegies into pan, gently stirring to get eggs covering mix. Scatter cheese over the top and place pan into preheated 180 degree oven to cook for 15 minutes or until puffed, golden on top and centre is just set.

Serve with a salad, or if you've loaded the vegies in the Frittata already, just enjoy it on it's own! A bit of sweet chilli sauce, or drizzle of tamari, may just finish off the flavours nicely.

