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Mushroom and Tomato Frittata

Ingredients

1 oz. butter
2 tomatoes, cut into chunks
4 oz. mushrooms, sliced
4 eggs
1 oz. cheddar, grated
2 oz. chopped parsley

Preparation

- 1 Preheat the grill to high or just turn your top oven rack on to 220°C
- 2 In a pan melt 1 tablespoon of butter. Once the butter has melted add the tomatoes and mushrooms and season. Sauté this for 5 minutes until the tomatoes start going soft
- 3 In a bowl beat the eggs and add the cheese and parsley. Stir in the sautéed vegetables
- 4 In the pan melt one tablespoon of butter. Add the egg mixture to the pan and stir. Leave the eggs to cook for 5 minutes until they are neatly set in the pan
- 5 Place the pan under a hot grill until the egg is just set and is turning a golden colour

Cooks Note

This dish can be eaten for breakfast, lunch or dinner which makes it a wonderful little recipe to have. The quantities in this recipe make a frittata big enough for two (or for you to enjoy twice YUM!!).
