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by
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Mushroom and Tomato Frittata [1]

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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!!).

Links

[1] <https://www.expatswoman.com/ewfood/recipes/mushroom-and-tomato-frittata>

[2] <https://www.expatswoman.com/ewfood/flag/flag/madeit/5820?destination=printpdf/5820&token=eb98666a418217439354a5a442551748>

[3] <https://www.expatswoman.com/ewfood/flag/flag/loveit/5820?destination=printpdf/5820&token=eb98666a418217439354a5a442551748>

[4] <https://www.expatswoman.com/ewfood/printpdf/5820>

[5] <https://www.expatswoman.com/ewfood/print/5820>