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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!!).