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Easy Peasy Frittata



Ingredients

4 eggs, beaten
0.5fl oz. oil
3oz. Bell peppers, diced
3oz. Onions, diced
3oz. Mushrooms. Diced
3oz. Frozen peas

Servings

2

Person

Preparation

- 1 In a skillet fry the eggs in hot oil until they begin to set
- 2 Add the remaining ingredients
- 3 Slide the frittata off the skillet once the eggs have fried
- 4 Serve garnished with some fresh parsley

Cooks Note

Serves 2
