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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

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