

Roasted vegetable Frittata with new potatoes & tomatoes

(Serves 2)

Ingredients

- 1 tbsp Oil, Olive, napolini
- 150g Onions, red, diced
- 150g Courgettes, sliced
- 1 medium Pepper, red, deseeded & chopped
- 2 Garlic cloves, crushed
- 50g Mushrooms, button, sliced
- 1/2 tsp Salt, reduced sodium
- 1/4 tsp Black pepper
- 6 Eggs, medium
- 150 mls Crème fraiche, healthy living or BGTY*
- 1/4 tsp Chilli flakes, dry
- 200g Potatoes, new, whole
- 80g Tomatoes, cherry, whole
- *BGTY= Sainsbury's be good to yourself range

Preparation

1. Pre-heat oven to 200°C/400°F/Gas Mark 6 (180°Fan).
2. Heat oil on hob in an oven-proof saute pan.
3. Fry onions, courgettes, pepper, garlic & mushrooms for 2-3 minutes.
4. Season with 1/4 tsp of the salt & the black pepper.
5. Whisk eggs in a jug & stir in creme fraiche & chilli flakes.
6. Pour egg mixture over vegetables.
7. Cook for 2 minutes over a low-medium heat without stirring.
8. Transfer pan to oven & bake frittata for 25-30 minutes until set in middle.
9. Cook new potatoes in boiling water (with the other 1/4 tsp salt) for 20 minutes, or until tender. Drain.
10. For last 5 minutes of cooking frittata, add tomatoes to oven.
11. Cut frittata into 2 portions & serve with new potatoes & tomatoes.

TOP TIP: Adjust the amount of chilli flakes according to the amount of spice you prefer.

NUTRITIONAL VALUES

PER SERVING

Calories 493

Total Sugars 14.09g

Total Fats 24.11g

Saturated Fats 6.89g

Salt 1.00g

Fruit & Veg 3.4