

EAT THEM TO DEFEAT THEM

Pea, Potato and Pepper Frittata

This vegetarian dish is taken from our Primary School recipe collection and includes peas for colour, texture and flavour. You're going down peas!

Serves 4

Ingredients

5 x	Eggs
50g	Frozen Peas
50g	Mixed Peppers – diced
100g	Cooked Potatoes – diced
50g	White Onion – diced
200ml	Semi Skimmed Milk
10ml	Vegetable Oil
100g	Cheddar Cheese – grated
1 Tsp.	Dried Mixed Herbs
Pinch	Ground White Pepper
Pinch	Salt

Method

1. Heat the oil in a pan and gently fry the diced peppers and onion. Add the herbs, salt and white pepper and remove from the heat.
2. Whisk together the eggs and milk in a separate bowl.
3. Evenly spread the cooked potatoes in a greased 9"/10" baking tin. Add the peppers and onions followed by the peas and grated cheese.
4. Pour the egg mixture over the vegetables.
5. Bake in the oven at 200°C or Gas Mark 6 for 20-25 minutes until golden brown.

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DOWN**

