



Spring frittata

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Traffic light category: **Green** Serves: **10 - 12 Slices**

Ingredients

- 4 medium diced potatoes
- 1 tablespoon olive oil
- 1 small brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 125g lean bacon rashers, chopped
- 1 small zucchini, grated
- 1 cup frozen sweet corn kernels (or peas)
- 2 red capsicums, diced
- 1/2 cup reduced fat grated tasty cheese
- 1/3 cup self-raising flour
- 5 eggs, lightly beaten

Optional: extra grated cheese topping



Method

1. Preheat oven to 180°C or 160°C fan forced. Line baking tray (19cm x 24cm) with baking paper allowing overhang
2. Place diced potato in pot of boiling water and cook for 5-10 minutes or until softened
3. Heat oil in a medium frying pan over medium heat. Add onion, garlic, bacon and cook stirring often for 4-5 minutes or until bacon is starting to brown. Set aside for 10 minutes to cool
4. Add bacon mixture, zucchini, corn, capsicum, cheese, flour and potato to beaten eggs. Mix until well combined
5. Pour into prepared baking tray and bake for 50-55 minutes or until golden and firm. Cool in pan for 15 minutes, place in refrigerator overnight
6. Cut frittata into small portions and place in small foil trays and freeze
7. When ready to use, defrost the required portions. Top with a little extra grated cheese if desired and heat in pie warmer.

*Adapted from Kalamunda Senior High School canteen

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