

Recipe



Broad Bean, Pea & Spinach Frittata

Serves 10

Ingredients

- 12g Spring onions, bulbs and tops, raw
- 2g Garlic, raw
- 300g Frozen peas
- 250g Spinach, raw
- 300g Broad Beans, raw
- 2 Free range chicken eggs
- 100g Bladen Lighter Mature
- 50ml Dried skimmed milk

Method

1. Remove the skins from the broad beans so the green is more prominent.
2. Fry the garlic with the washed spinach.
3. Mix all the vegetables together.
4. Mix the eggs with the milk, season well and mix with the cheese.
5. Stir in the vegetables.
6. Pour into greased tray and bake for about 10 minutes at 180°C.

