

## Spring Vegetable Frittata

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*This is perfect to eat or hot or cold.*

*A great recipe to take on the go with you for a packed lunch at work or for a picnic for all the family.*



### Ingredients

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#### Serves 4

- 5 eggs
- Half a sliced courgette
- 3 Pak Choi
- 30g of Parmesan cheese
- Chives
- Salt to taste
- Spray oil

## Method

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Wash the vegetables

Trim the base of the Pak choi flat and slice it at right angles to the growth direction, about an inch from the base, to form a flower – do this with each base of the three leaves if you wish – I just used one.

Chop the rest of the pak choi finely.

Slice the courgette.

Grate the cheese.

Whisk the eggs together and season and add the cheese and chopped pak choi.

In a pan add spray oil and place the ‘flowers’ and slices of courgette around the pan.

Add the egg mix to the pan.

Cook on gas mark 6 200°C, 180°C fan for around 15 mins or until cooked through.

Chop over the chives and serve