



Breakfast Recipes

Spinach and Ricotta Frittata

Preparation time: 30 mins

Serves 4

Gluten-Free, Vegetarian

Play around with the vegetables based on preference and availability. Asparagus, peppers and mushrooms are all delicious additions.

- 2 tbs olive oil
- 4 spring onions, trimmed and sliced
- 2 cloves of garlic, diced
- 1 good bunch of English spinach (baby spinach is also good)
- 125g (5 oz) ricotta cheese
- 5 eggs
- 1 tbs chopped fresh dill
- cracked black pepper



Pre heat grill to high.

In a medium (26cm/10 inch) frypan heat the oil over medium heat; cook the spring onions, add the garlic and cook until fragrant and soft but not brown.

Add the coarsely chopped spinach in batches until just wilted and remove from heat.

In a medium bowl whisk together the eggs, ricotta and dill and season with cracked black pepper. Be careful not to overwork the egg mixture and whisk only enough to combine the ingredients.

Pour the egg mixture over the spinach in the frypan and return to a medium/low heat; cook for around 5 minutes or until the frittata starts to crisp on the edges of the pan.

Place under preheated grill for around 4 minutes; watch carefully and remove the frittata once the top is golden and the egg just set.

Source: Veggie Num Num