



JERNEJ KITCHEN

SPRING VEGETABLE FRITTATA

Spring Vegetable Frittata is a healthy and tasty recipe. Make it for breakfast, brunch, or lunch. It's great to make ahead too.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOKING:	25	MINUTES
TOTAL TIME:	35	MINUTES

SPRING VEGETABLE FRITTATA

2 tbsp olive oil

1 tbsp butter

1 small leek

2 spring onions

100 g (1/3 cup) frozen peas

100 g (4 cups) baby spinach

1 tbsp chopped herbs (chives, parsley, mint, tarragon)

200 g (7 oz) feta cheese

3 tbsp greek yogurt

8 eggs

TOOLS AND EQUIPEMENT

castiron pan

kitchen knife

cutting board

large bowl

PREPARATION

Place the rack in the middle of the oven and preheat it to 210 °C / 410 °F.

SAUTÉ THE VEGETABLES

Cut the vegetables into small pieces. Place a 24 cm or 9-inch castiron pan over medium heat. Add oil and butter. Add the leek, spring onion, and peas when the butter melts. Sauté for 8 minutes. Add the baby spinach and cook for 2 minutes.

BEAT THE EGGS

Combine eggs, chopped herbs, 150 (6 ounces) of feta cheese, and Greek yogurt in a large bowl. Season with pepper.

MAKE THE FRITTATA

Season the vegetables with salt. Pour in the egg mixture. Reduce the heat to low heat and cook for 2 - 3 minutes for the eggs to cook, stirring consistently. Crumble the rest of the feta cheese on top. Transfer to the oven. Cook for 10 - 12 minutes at 210 °C / 410 °F. Cut the frittata into slices and serve.