

Potato and Courgette Frittata

Cooking methods: Baking, frying

About Frittata

The word frittata is Italian and is roughly translated to 'fried'. Frittata is an egg-based Italian dish similar to an omelette. Additional ingredients such as meats, cheeses, vegetables or pasta are also added and beaten into the eggs.



Preparation Time

15 minutes



Cooking Time

20-25 minutes

Suitable potato varieties:

Smooth, such as Desiree



Ingredients

- 1 large onion, peeled and chopped
- 2 courgettes, washed and sliced
- 1-2 tbsp oil
- 2-3 cloves of garlic, crushed (optional)
- 4 eggs
- 1 tbsp fresh chopped herbs, or 1 tsp dried herbs, or two tbsp pesto
- A handful of cooked potatoes, sliced
- Fat or oil to grease baking dish



Equipment

- Frying pan
- Wooden spoon
- Vegetable knife
- Large bowl
- Fork
- Baking dish, greased and lined with baking parchment
- Oven gloves



Method

- 1 Preheat the oven to 200 °C.
- 2 In a large frying pan, fry the onions and courgettes together in the oil until the onion is translucent and the courgettes are softening. Add the garlic about two minutes before you think the onions and courgettes will be ready – there's less risk of overcooking it this way.
- 3 In a large bowl, beat the eggs with the herbs or pesto, then stir in the cooked vegetables and sliced potatoes and mix thoroughly.
- 4 Pour the mixture into a greased, lined, baking dish and bake for 20-25 minutes until puffy and golden.

For more potato recipes, visit www.prepcookservepotatoes.org.uk