



Feta & Spinach Frittata

LEVEL: Easy

PREP TIME: 10 mins

COOK TIME: 20 mins

Frittata is a simple and delicious protein rich option perfect for breakfast, lunch and dinner. This dish is extremely versatile, a great way to clean out your fridge and a chance to add more colours and fibre to your meal. Using full fat dairy like yoghurt or cream can enhance the flavour and texture. You may also boost the protein content with more cheese, ham, bacon, salmon or tofu. Frittata can be served alone or with salads, bread and potatoes.

Ingredients

- 6 large free-range eggs, 1/2 cup full fat yoghurt, cream or cottage cheese, 1 tbsp ghee or butter or olive oil for cooking
- 2 cups baby spinach, tightly packed, 1 cup mushrooms, washed, dried and sliced, 100g feta cheese, crumbled
- 1 tsp oregano, 1 tsp basil (or any herbs), salt & pepper to taste
- 1 cup sweet potato, washed, peeled, cut into tiny cubes (optional)

Method

- Preheat oven to 200°C. In a large bowl, add six eggs and 1/2 cup yoghurt or cream or cheese, (optionally add 2 scoops of protein powder), whisk until texture is consistent. Set the mixture aside.
- In a large iron skillet (or any oven-safe pan), add ghee or butter over medium heat, sauté the sweet potato cubes until tender. Keep stirring and add a little water to avoid sticking. Set aside in a bowl.
- Add 1/2 tbsp ghee, sauté the mushrooms for 2-3 minutes, then spinach. As the spinach starts to wilt, add back the sweet potatoes, followed by herbs, salt and pepper. Mix to combine everything.
- Turn the heat off and pour the eggs mixture over the vegetables. Use a spatula to softly redistribute the vegetables. Lastly, sprinkle all the feta cheese over the top.
- Bake for 15-18 mins until fluffy and golden. Then CAREFULLY remove the frittata from oven. Take care NOT to burn yourself.
- Allow to cool a little. Garnish with herbs, slice and serve.
- Store leftovers in the refrigerators for 1-2 days.