

HAM, PEA AND POTATO FRITTATA

It finally feels like we can crack out the spring recipes as we move away for comforting stews and cosy soups to lighter fresher dishes. I was looking for something that I could cook in bulk and take for lunches that was high in protein and veggies to keep me going through to dinner. Now you probably all know by now that I love a sandwich but in the interest of balance I thought I'd make this frittata instead. For those of you who haven't tried frittata before it's a bit like a crustless quiche, a mix of eggs and vegetables started off in the pan and then baked in the oven. I've added ham to mine to bump up the protein but you could swap that out for cheese or smoked salmon if you prefer. This makes 4 servings and will keep in the fridge for 3 days so that's lunches sorted for the rest of the week!

Servings 4 | Prep 5 minutes | Total 20 minutes

350 calories | 28g Protein | 16g Carbs | 18g Fat

Ingredients

1 tbsp butter

8 eggs, beaten and seasoned with salt and pepper

4 slices of thick cut ham, cut into stamp size pieces

250g cooked new potatoes, diced

100g frozen soffritto mix

100g frozen peas

50g reduced fat cheddar(optional)

Directions

1. Pre-heat your oven to 180c
2. In a non-stick ovenproof frying pan, melt butter over a medium heat.
3. Add the soffritto mix and peas and fry for about 5 minutes until defrosted
4. Add in the potatoes and ham and stir well for a couple of minutes.
5. Add the beaten eggs and mix again to make sure the vegetable and ham are evenly spread.
6. Place the pan in the oven and cook for 20 minutes. If adding cheese, remove half way through the cooking time, sprinkle over and return to the oven.
7. Remove from the oven and allow to cool slightly before cutting into quarters and serving.

This can be stored in the fridge for up to 3 days.