

Frittata (Italian Omelette)



What you need:

8 medium eggs

1 tomato (sliced)

1 cup of grated cheese (mozzarella or other types)

Shredded chicken or ham (from deli)

2 tablespoons of butter (or cooking oil)

What to do:

Crack eggs into a large mixing bowl

Beat eggs well

Add butter (or cooking oil)

Pour frittata mix into tray (lined with baking paper)

Place tomato slices on top of mix

Sprinkle grated cheese on top

Place tray into oven

Bake at 180 degrees Celsius for 30 minutes

Serve

Tip:

Other ingredients can be used e.g. sliced asparagus, peas, onion rings, surimi or shrimp.

Caution:

As ovens are different, the baking may take more or less time.

Always check to make sure the frittata is thoroughly cooked before eating 😊