



FRITTATA- serves 2

ALTERNATIVES (GLUTEN FREE G.F, MEAT FREE M.F, LACTOSE FREE L.F)

- 2-3 eggs
- 1/2 tbsp milk (*any*)
- 1/4 tsp salt and pepper
- 1/2 tsp oil
- 75 g bacon
- 1 tsp garlic *minced*
- 1/2 tbsp / 7-8 g butter (Olive Oil Spread-L.F)
- 50g baby spinach
- 1/2 cup / 50g mozzarella or tasty cheese (Vegan Cheese-L.F)
- Salt and pepper

Equipment:

- Small Fry Pan/ Skillet
- Oven – not critical
- Mixing Bowl
- Chopping Board
- Sharp Knife
- Plate
- Cheese Grater (not critical)
- Small Baking Dish (not critical)
- Baking Paper (not critical)

Method:

1. Preheat oven to 180C. (If using oven method- see additional cooking method below)
2. Prepare ingredients ready to be cooked, dice bacon into small pieces.
3. Whisk eggs, milk, salt and pepper.
4. Heat oil in a non-stick pan over medium high heat.
5. Add bacon and cook until almost golden (2-3 minutes)
6. Add garlic and cook for 30 seconds.



7. Add spinach and toss until just wilted - bacon should now be golden. **(If not doing oven method skip to separate cooking instructions below)**
8. Remove the bacon and spinach into a bowl
9. Grease an oven dish oil and line with baking paper.
10. Scatter evenly across baking tray around ½ of the bacon and spinach.
11. Pour in about 2/3 of the egg mixture. Scatter over half the cheese, then pour over remaining egg mixture.
12. Scatter over reserved bacon and spinach, then cheese.
13. Transfer to oven and cook for 10 minutes until the centre is just set and the cheese is melted on top.
14. Rest for a few minutes then slice and serve!

If don't have access to an oven :

1. Turn heat down to medium. Remove about 1/3 of the bacon and spinach into a bowl (for topping).
2. Add butter into the pan and swirl/spread across base of the pan.
3. Pour in about 2/3 of the egg mixture. Scatter over half the cheese, then pour over remaining egg mixture.
4. Scatter over reserved bacon and spinach, then cheese.
5. Cook on medium- low on the stove with a lid on for about 6 minutes until sides are well set.
6. Slide onto a plate, then place the frypan upside down over the plate.
7. Flip the plate and frypan and return to the stove.
8. Cook for a further 2-3 minutes or until cooked throughout. (Use a knife to test if set in middle). Slide onto plate when cooked, rest for a few minutes then slice and serve!

Nutritional Tips:

- If eggs are expensive you can bulk up a frittata with extra vegetables to make more
- Use frozen spinach instead of fresh—it's cheaper and lasts longer.
- Swap bacon for canned beans or tofu to reduce costs and make it vegetarian.
- If cheese is too expensive, use nutritional yeast for a similar flavour boost.
- Reduce saturated fat from oil and butter by cooking with an oil spray or a non-stick pan.



Storage Information:

Fridge:

- Storage time: 3 to 4 days
- Tips:
 - Let it cool completely before storing.
 - Keep it in an airtight container or tightly wrapped in plastic/foil.
 - You can reheat slices in the microwave or oven.

Freezer:

- Storage time: Up to 2 to 3 months
- How to freeze:
 1. Cut the frittata into individual portions.
 2. Wrap each piece in plastic wrap, then foil (or use freezer bags).
 3. Label with the date.
- Reheat from frozen:
 - Microwave (wrapped in a paper towel) or
 - Oven at 175°C for 15–20 mins


Recipe Credit:

Nagi Maehashi

<https://www.recipetineats.com/frittata-recipe/>



Nutritional Information: Per 1 Serve

Frittata		
Nutrition Information		
Serving Size: 1 serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1006.8 kJ	12 %
Protein	15.1 g	30 %
Fat, total	17.8 g	25 %
- saturated	8.3 g	35 %
Carbohydrate	4.6 g	1 %
- sugars	2.4 g	
- lactose	0.5 g	
- galactose	0 g	
- starches	1.7 g	
Dietary Fibre	0.7 g	2 %
Sodium	661.1 mg	29 %
Vitamin C	11.1 mg	
Vitamin A	412.3 µg	
Calcium	212.7 mg	
Iron	1.5 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving 		
Full Info at cronometer.com </>		

Australia/NZ Label ▼