

Ham, Pea and Cheese Frittata



A delicious, simple recipe that's perfect for a light lunch, breakfast or a simple dinner.

Ingredients

8 eggs

120 g of leftover ham, chopped

1/4 cup cheddar cheese, shredded

1 tbsp ricotta cheese

1/2 cup peas, blanched

1 tbsp parsley, chopped

2 tsp olive oil

Method:

1. Whisk eggs and parsley with 2 teaspoons of water. Season to taste.
2. Preheat the oven at 200C, top grill.
3. In a 20cm small oven proof fry pan on medium-low heat, add olive oil to coat the base of the pan. Add the whisked eggs. Cook for a minute, undisturbed till the edges start to set.

4. With a heat proof spatula, slowly draw the egg mix in from the edges a few times so it gathers in folds in the centre.
5. Sprinkle the ham, peas, ricotta cheese and cheddar on top and place in the oven for 2-3 minutes to puff up and cook the top. The frittata should slide easily off the pan and look soft and moist on top.
6. Transfer to a plate, garnish with extra chopped parsley on top and serve.
7. Alternatively if you don't want to put it in the oven, you can cover the pan with a lid and let the frittata cook over medium heat until the top is cooked.