

Vegetable Frittata



A protein rich, veggie packed frittata. They're also so versatile - fill them up with all your leftover veggies ready to eat for breakfast and lunch in the week ahead!

Ingredients

- 8 eggs
- 1/4 cup light sour cream
- 200 g cottage cheese
- 1 cup marinated artichoke hearts, cut into 4
- 1 spring onion, chopped
- 1 cup broccoli, cut into small florets
- 1 cup baby spinach, blanched, squeezing out excess liquid
- 4 basil leaves

Method:

1. Preheat the oven to 190C.
2. Whisk the eggs, cottage cheese and sour cream. Season with salt and pepper.

3. Oil a baking dish and pour half of the egg mix into the base. Add the artichoke, spinach, spring onion, broccoli and basil, then pour the remaining egg mixture on top.
4. Bake for 30-40 minutes or until the centre is puffed and the tops are golden.