

Good for batch cooking



Loaded spinach and feta frittata

Serves 3

2 tsp olive oil

12 spring onions, sliced

590g baby leaf spinach

190g cooked new potatoes, sliced

Pinch of freshly grated nutmeg

Salt and pepper

8 large eggs, beaten

4 egg whites, beaten

135g feta

Green salad, to serve

Method

Preheat the grill to its highest setting.

Heat the oil over a high heat in a medium-sized, non-stick frying pan. Add the spring onions and fry for a couple of minutes until softened. Add the spinach a handful at a time until it's all wilted down. Tip out onto a plate lined with kitchen roll, lay another plate on top then turn them sideways and squeeze as much moisture out as possible. Squeezing the spinach between two plates rather than with your hands means you don't have to wait for it to cool first.

Return the spinach and spring onion mix to the pan, space it out evenly, then scatter over the potatoes. Grate over a little nutmeg, season with salt and pepper then pour over the eggs and egg whites. Gently shake the pan and pull the eggs into the middle as they start to set. Crumble the feta over the top then slide the pan under the hot grill. Cook for around 3 minutes until the top of the frittata is golden brown and the eggs are set.

Slide onto a board, cut into wedges and serve with the salad.

Tips

To save time, cook the potatoes the night before. Boil them in a pan of salted water for 10-12 minute until tender then drain. Leave to cool completely before slicing.

This recipe doesn't freeze well, but it'll keep in the fridge for up to three days.