



GENERAL MENU SET RECIPE OPTION

Zucchini frittata

INGREDIENTS (1 serving)

- 10g (0.4oz) butter
- 55g (2oz) red onion, diced
- 1 garlic clove, grated
- 65g (2.3oz) green bell pepper, diced
- 165g (5.8oz) zucchini, grated
- 65g (2.3oz) mushrooms, sliced
- 1 tsp cumin
- 1 tsp turmeric
- 4 eggs
- 1 egg white
- small handful of fresh parsley, chopped
- 60g (2.1oz) mozzarella cheese, grated
- 10g (0.4oz) coconut oil
- 180g (6.3oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

This is a sure fire winner that is great to have hot or cold. It's perfect for a quick breakfast or something to have in your lunch box.

METHOD

Preheat your oven to 180°C (fan 160°C, gas mark 4).

Heat a non-stick frying pan to a medium to high heat. Add the butter and cook the onion, garlic, pepper, zucchini and mushrooms for 5-6 minutes until nice and soft. Then sprinkle in your cumin and turmeric and cook for a further 2-3 minutes.

In a bowl, whisk the eggs and egg white lightly and add all the vegetables, parsley and mozzarella.

Wipe out the non-stick pan with some kitchen roll, then warm the coconut oil over a medium to high heat. Pour your egg mix into the pan and cook for 3-4 minutes until it starts to cook around the side. Transfer to the oven and cook for 5-10 minutes or until the egg is cooked through.

When the frittata is ready, serve with a portion of your favorite green vegetables steamed, blanched or boiled.