Frittata

Cuisine: **Italian**
Food category: **Vegetarian dishes**

Author: **Jaroslav Mikoška**
Company: **Retigo**

Program steps

Preheating: 180 °C

1	Hot air	100 %	Termination by time	00:15 hh:mm	180 °C	80 %	

Ingredients - number of portions - 1

Name	Value	Unit
sunflower oil	10	ml
boiled potatoes chilled and crushed	100	g
asparagus spears, trimmed, chopped	2	pcs
frozen peas	30	g
mint leaves	5	pcs
parmesan grated	20	g
eggs	2	pcs
black pepper	1	g

Directions

Grease the GN container with a little sunflower oil.
In a bowl, mix together the asparagus (trimmed,chopped), spring onion (trimmed, chopped) and peas. Stir in the mint leaves(torn) and parmesan(grated) until well combined.
Tip the beaten eggs into the bowl and mix carefully. Season with freshly ground black pepper and mix again.
Spoon the frittata mixture into the prepared GN container. Place to the oven and bake for 15 minutes on hot air mode at 180°C, or until the eggs have completely set and a skewer inserted into the centre of the frittata comes out clean.
Serve with cherry tomatoes.

Recommended accessories

Enameled GN container