

# Vegetable frittatas

*Equipment needed: knife, grater, chopping mat, weighing scales, frying pan, pan for boiling, silicone muffin tin if you have it, or metal ones with muffin cases, jug and whisk*

## **Ingredients:**

125g cubed mixed vegetables (I use carrot, peas and sweetcorn)

1 onion

125g cubed, boiled potatoes

70g grated Cheddar

3 eggs

50 ml milk

1 tbsp olive oil

## **Method:**

- Ask a parent for help.
- Preheat the oven to 200C
- Peel, and chop the onion. Then fry in a little olive oil until soft and golden
- Chop potatoes and boil for 15 minutes, then cut into small cubes
- Chop up your mixed veg, and put into your muffin tin with the potatoes.
- Grate your cheese, and top the vegetables in the muffin tin with the cheese.
- Crack your eggs into a jug, and add the milk. Whisk together.
- Add some salt and pepper to your liquid in the jug
- Pour the jug mixture into the muffin tin until it covers the contents.
- Bake for 20-25 minutes until they are set and golden on top.
- You can eat these little frittatas hot or cold.
- Enjoy!