



'Anything Goes' Frittata

A frittata is another essential recipe to have in your zero waste kitchen and is perfect for using up leftovers for breakfast, lunch or dinner!

You can use leftovers such as:

- chopped roast vegetables (pumpkin, potatoes, eggplant, carrots, sweet potato, onion)
- raw vegetables (leek, onion, broccoli, cabbage, tomatoes, zucchini etc)
- veggie odds and ends (broccoli and cauli stalks, spinach or silverbeet stems and leaves etc)
- roast or deli meats, rice, pasta or lentils & legumes
- left-over antipasti, olives etc
- Leftover rice, pasta or even spaghetti bolognese!

You'll need: saucepan or frying pan (preferably heat-proof, if not you can also use a medium to large sized heat-proof baking dish), oven or grill, spatula, chopping board, knife, tea towel or oven mitts, measuring cups, mixing bowl and fork/whisk

Ingredients

- 1 tbs cooking oil
- 2-3 cups leftovers or vegetables such as onion/leek etc, chopped
- 6 eggs
- 1 cup cream or milk
- ½ cup ricotta/sour cream/cottage cheese/plain or greek yoghurt
- ¼ cup parmesan/feta/goats cheese - optional - whatever you have!
- Salt & pepper
- Extra cheese for sprinkling over the top
- Herbs and spices of your choice

Serves 4-6

Method

Preheat the grill or oven

1. Whisk the eggs, cream/milk, salt and pepper in a bowl until combined.
2. Bring a large oven-safe saucepan over medium heat and drizzle over the oil or butter. If using raw veggies, cook the onion and the vegetables, for about 5 minutes until softened. Otherwise, add the leftovers to the pan and cook briefly for 2-3 minutes until heated through, stirring to combine.



3. Pour the egg mixture over the leftovers. Cook for another 10 minutes or so until the egg is almost set.
4. Dollop and sprinkle over the cheese and herbs.
5. Place under a hot preheated grill for about 5 minutes. Alternatively place in the oven.

If you don't have an oven-safe saucepan:

Cook the veggies in a regular saucepan and then pour into a medium-large greased baking dish. Pour over the egg mixture and sprinkle over the cheese and herbs. Place this in the oven to cook for about 25 minutes at 180C.

We recommend you serve with a couple of handfuls of fresh leafy greens or salad

*This recipe is adapted from Donna Hay's Basic Frittata