

Lunch

RECIPE CARD

Rainbow Frittata

RECIPE NAME

Lunch

MEAL TIME

15 minutes

PREP TIME

20 minutes

TIME TO COOK

For a meaty version, feel free to add meat, beans and pulses for extra protein, but always double-check the calories and accurately measure

If you're using frozen veg, cook through first to avoid excess water in the frittata

NOTES

Approx 224kcal per serving

CALORIES

INGREDIENTS

- ☐ Low-Calorie Cooking Spray
- ☐ 1 onion finely chopped
- ☐ 1 tsp of garlic
- ☐ 1 pepper colour of your choosing
- ☐ 1 grated carrot
- ☐ A handful of broccoli, chopped
- ☐ 4 eggs
- ☐ 40 g low fat cheddar grated

METHOD

- ☆☆☆ Fry off the onion and garlic
- ☆☆☆ Chop and add the pepper and grated carrot
- ☆☆☆ Add the broccoli until everything's warmed through
- ☆☆☆ Crack the eggs in a large bowl and season after mixing
- ☆☆☆ Spray an ovenproof dish with low-calorie cooking spray
- ☆☆☆ Add the vegetable mix into the egg mixture and pour into the ovenproof dish
- ☆☆☆ Cook for 15 minutes then add the grated cheese and place under the grill for a further 2-3 minutes or until golden