LIGHT & SWEET

Pea, Feta and Herb Frittata with Green Salad

PREP	COOK	SERVES
15 min	25 min	4

Vegetarian

A fluffy oven-finished frittata with peas, feta and fresh herbs, served with a crisp lemony salad and potatoes.

Ingredients

For the frittata

- 8 large eggs
- 100 ml milk or cream
- 200 g frozen peas, thawed
- 150 g feta, crumbled
- 3 spring onions, sliced
- A large handful of mint, dill and parsley, chopped
- Zest of 1 lemon
- 1 tbsp olive oil
- Salt and black pepper

For the salad

- 150 g mixed salad leaves
- 1 cucumber, sliced
- 2 tbsp olive oil
- 1 tbsp lemon juice

To serve

- 500 g baby potatoes, boiled and buttered

Method

1. Heat the oven to 190°C. Whisk the eggs with the milk, a little salt and plenty of pepper. Stir in the peas, feta, spring onions, herbs and lemon zest.
2. Heat the oil in a 26 cm ovenproof frying pan over medium heat. Pour in the egg mixture and cook for 3 minutes, until the edges begin to set.
3. Transfer to the oven and bake for 12 to 15 minutes, until puffed, golden and set in the middle.
4. Let it rest for 5 minutes, then loosen the edges and slide onto a board.
5. Dress the leaves and cucumber with the oil, lemon juice and a pinch of salt.
6. Cut the frittata into wedges and serve with the salad and the buttered potatoes.

Cook's tip

Do not stir once the eggs are in the pan. Let the edges set first so the frittata puffs up and stays tender.