

## **Courgette & Herb Frittata**

### **Ingredients**

- 2 medium courgettes, grated
  - A few fresh mint leaves, finely chopped (optional)
  - 8 large eggs
  - ⅛ teaspoon cayenne pepper
  - 4 sprigs fresh thyme (or 2 teaspoons dried thyme)
  - 2 tablespoons nutritional yeast (or freshly grated Parmesan or goat's cheese)
  - 1 red chilli, finely sliced
  - 1–2 tablespoons feta or goat's cheese (optional)
  - Salt and freshly ground black pepper, to taste
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### **Method**

1. Place the grated courgettes in a medium-sized bowl. Add the chopped mint (if using), season with salt and pepper, and mix well.
2. Using your hands, squeeze out as much excess liquid as possible from the courgette mixture.
3. Heat a medium frying pan over a medium heat. Add the courgettes along with half of the sliced chilli and sauté for a few minutes, stirring regularly.
4. In a separate bowl, whisk together the eggs, cayenne pepper, thyme, and nutritional yeast (or Parmesan/goat's cheese).
5. Pour the egg mixture into the frying pan over the courgettes. Stir gently for about 1 minute, then remove from the heat.
6. Sprinkle over the feta or goat's cheese (if using), then place the pan under a preheated grill (broiler) for approximately 5 minutes, or until the frittata is set, lightly golden and cooked through.
7. Remove from the grill and finish by sprinkling over the remaining chilli and extra cheese if desired. Serve warm.