

Recipe Sheet 2 - Leftover Vegetable Frittata

Eggs turn odds and ends into a proper meal. Best served warm or at room temperature.



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Serves
2 portions

Best for
using cooked veg and bits of cheese

Leftover angle
packed lunches and fridge clear-outs

Ingredients

- 4 eggs
- 350 g potatoes, cut into small cubes
- 1 small onion, sliced
- 1 tbsp oil
- 100 g frozen peas or chopped spinach
- 60 g grated cheese (optional)
- 1 tsp mixed herbs or chopped parsley
- Salt and black pepper

Method

1. Boil or steam the potatoes for 8-10 minutes until just tender, then drain.
2. Cook the onion in the oil until soft.
3. Beat the eggs with seasoning, herbs, and cheese if using.
4. Fold in the potatoes, onion, and peas or spinach.
5. Pour into a small lined ovenproof dish or frying pan and bake at 190 C for 20-25 minutes until set and golden.

Swaps and savings

- Leftover boiled potatoes work perfectly here.
- Swap in peppers, mushrooms, broccoli, courgette, or sweetcorn.
- A little leftover chicken, sausage, or ham can be added.
- No cheese is fine - just season well.

Leftovers / notes

- Can be eaten cold the next day.
- Best used within 2 days if refrigerated.
- Nice with salad, soup, or toast.