

Asparagus & New Potato Frittata



Serves 3 Prep 10 mins Cooking 12 mins Easy

Ingredients

200g new potatoes
100g asparagus tips
1 tbsp olive oil
1 onion, finely chopped
6 eggs, beaten
40g cheddar, grated
salad leaves, to serve

1. Heat the grill to high. Put the potatoes in a pan of cold salted water and bring to the boil. Once boiling, cook for 4-5 mins until nearly tender, then add the asparagus for the final 1 min. Drain.
2. Meanwhile, heat the oil in a frying pan and add the onion. Cook for about 8 mins until softened.
3. Mix the eggs with half the cheese in a jug and season. Pour over the onion in a pan, then scatter over the asparagus and potatoes. Top with the remaining cheese and put under the grill for 5 mins or until golden and cooked through. Cut into wedges and serve from the pan with a salad.