

Courgette & Ciabatta Frittata



Serves 3

Prep 15 mins + 30 Mins chill

Cook 45

Easy

Ingredients

250g ciabatta, crusts removed and roughly torn (about 125g net)
100ml milk
100ml cream
3 large eggs beaten
40g parmesan, finely grated
1 stem fresh rosemary, de-stalked and finely chopped
1 medium courgette, washed and coarsely grated
15g basil leaves, torn
100g baby spinach, roughly chopped (optional)
1 tbsp olive oil

This dish is a version of Yotam Ottolenghi's frittata

1. Heat the oven to 180C/fan 160c/Gas 4.
2. Mix the ciabatta, milk and cream in a bowl, cover and set aside for 30 mins, to give the torn bread time to absorb most of the liquid.
3. In a large bowl, mix the eggs, oregano, rosemary and 25g of the parmesan, a touch of salt and pepper. Tip in the contents of the bread bowl, then stir in the courgette, spinach (if using) and basil.
4. Heat a 20cm x 20cm baking dish in the oven for 5 mins. Remove, brush all over with oil to grease, then pour in the courgette mixture. Level out the top, bake for 20 mins, then sprinkle over the remaining parmesan. Bake for 20-25 mins longer, until the frittata is golden brown on top and cooked through (test by inserting a knife into the centre - it should come out clean) Set aside to rest for 5 mins, then serve.

