

Courgette Frittatas



Serves 2 Prep 20 mins

Cooking 25 mins

Easy

Ingredients

1 large or 2 small courgettes
4 spring onions
2 tsp oil
3 large eggs
some chives, finely snipped
4 tbsp Greek yoghurt

1. Heat the oven to 220C/ 200C Fan/ Gas 7, then put an empty muffin tin inside. Coarsely grate the courgettes and slice the spring onions. Heat 2 tsp of oil in a frying pan and fry the spring onions for about 3 mins. Stir in the grated courgettes and cook for another min, then set aside to cool.
2. Beat the 3 eggs, some finely snipped chives and the Greek yoghurt together in a jug, then season. Stir in the courgette mixture. Take the muffin tin out of the oven and drop in 8 muffin cases. Divide the egg mixture between the cases and bake for 15 - 18 mins until set and golden. Serve hot or cold with a salad.