

# Feta Frittattas with Carrot & Celery Salad



**Serves 2    Prep 15 mins**

**Cooking 25 mins**

**Easy**

## Ingredients

### For the frittatas

2 tsp olive oil, plus drizzle for salad  
2 spring onions, thinly sliced  
25g baby spinach or bay leaves  
3 large eggs  
2 tsbp chives, finely chopped  
2 tsbp natural bio yoghurt  
50g feta, crumbled

### For the salad

2 tsp white balsamic vinegar  
2 tsp tahini  
1-2 tsbp water  
1 celery stalk, sliced  
2 carrots, peeled into ribbons  
1 very small red onion, thinly sliced  
1 romaine lettuce, leaves torn into pieces  
4 pitted Kalamata olives, rinsed and halved

1. Heat the oven to 220C/ Fan 200/ Gas 7 with a muffin tin inside. Heat the oil in a frying pan and fry the spring onions for about 2 mins, stirring regularly, over a medium-high heat to soften them. Stir in the spinach or bay leaves and cook for 1 minute until wilted down, then set aside to cool slightly.
2. Beat the eggs, chives, yoghurt and feta together in a jug with black pepper, add the spring onions and the spinach or bay leaves and stir well. Take the muffin tin out of the oven and drop in four muffin cases, add the egg mixture and bake for 15-18 mins until set and golden.
3. Meanwhile, mix the balsamic vinegar with the tahini and 1-2 tsbp water in a bowl to make a dressing, then toss with the vegetables and the olives. Pile onto plates, carefully remove the paper cases from the frittatas and serve.