

Green Frittata



Serves 2

Prep 5 mins

Cooking 20 mins

Easy

Ingredients

80g spinach

75g frozen peas

4 eggs

2 tsp olive oil

2 rashers streaky bacon, thinly sliced

2 roasted green peppers, or peppers from a jar, chopped

35g mature cheddar

salad leaves to serve

1. Put the spinach into a colander and pour over 1/2 kettle of just boiled water to wilt. Leave until cool enough to handle then squeeze as much water as possible. Tip into a small blender or food processor.
2. Put the peas into a small bowl, pour over enough just-boiled water to cover, leave for 2 -3 mins, then drain. Add to the spinach in the blender with one of the eggs and lots of seasoning. Whizz until completely smooth, then add in the remaining eggs and pulse until combined.
3. Heat the grill to medium-high. Heat the oil in a small non-stick, ovenproof frying pan and fry the bacon for 5 mins until crisp, then tip in the spinach mixture. Cook gently for a minute until the bottom is set, then sprinkle the red peppers over the top. Cook for another few minutes until the bottom is lightly golden. Sprinkle with the cheddar and put under the grill for 2 - 3 mins until cooked through and golden on top. Cut into wedges and serve with the dressed salad leaves.