

Smoked Trout & Pea Frittata



Serves 2 Prep 10 mins

Cooking 10 mins

Easy

Ingredients

1 tbsp butter
125g smoked trout, flaked into big chunks
150g frozen peas, defrosted
4 eggs, beaten
25g parmesan, grated
1/4 bunch chives, to serve

1. Heat the grill to medium. Put a small oven-proof frying pan with the butter over a medium heat. Once the butter is foaming, add the trout and fry gently for a minute. Add the peas to the eggs, season really well with salt and black pepper and pour into the pan. Gently mix so that the trout and peas are evenly distributed. Cook for 5 mins until the sides are slightly coming away from the pan. Grate over the parmesan and put under the grill for 2-3 mins until light golden and just set.
2. Sprinkle the chives over the frittata and serve with a salad.