

Tex-Mex Baked Veggie Frittata



Serves 4

Prep 20 mins

Cooking 15 mins

Easy

Ingredients

4 spring onions, finely chopped
1 tbsp olive oil + extra for the tin
100g spinach, chopped
3 tbsp soft cheese
6 eggs
50g cheddar, finely grated
2 roasted red peppers, diced
a handful of chopped parsley
soft flatbreads, to serve
chilli sauce, to serve (optional)

1. Heat the oven to 180C/ Fan 160C/ Gas 4. Oil and line a 23 cm round cake or deep flan tin with baking paper - scrunch up the paper a few times so it becomes pliable, then push into the bottom of the tin. Fry the spring onion in 1 tbsp of olive oil in a small pan until tender. Add the spinach and cook until wilted, turning up the heat to evaporate any excess liquid, then season and cool slightly.
2. Put the soft cheese in a bowl, beat until soft, then gradually whisk in the eggs, add lots of seasoning, then stir in the spinach mix, cheddar, peppers and parsley. Pour into the lined tin and bake for 12-15mins or until puffed, lightly golden and just set. Serve with flatbreads and chilli sauce, if you like.