

BROCCOLI & GOAT'S CHEESE FRITTATA WITH PANCETTA

1 head broccoli, cut into florets	100g cream
120g pancetta, thinly sliced	Small handful chives, roughly chopped
1 brown onion, peeled and halved	Salt, to taste
2 garlic cloves, peeled	Knob butter, for frying
20g olive oil	150g goat's feta cheese, cut into 1cm cubes
8 eggs	

1. Fill TM bowl with 500ml water. Place broccoli in lower Varoma steaming tray, steam for 9 minutes, Varoma temperature, speed 3. Set aside.
2. Meanwhile, fry pancetta in a large non-stick fry pan over high heat until crispy. Set aside leaving fat in the pan.
3. Place onion and garlic in dry TM bowl, chop for 5 seconds, speed 5. Scrape down sides.
4. Add oil, sauté for 5 minutes, 100°C, speed 1.
5. Add eggs, cream, chives and salt, mix for 10 seconds, speed 4.
6. Add butter to fry pan and heat over medium-low heat. Add broccoli and pour over egg mixture. Crumble pancetta on top and dot with goat's cheese. Cook for 7 minutes, or until the outer egg mixture sets.
7. Place fry pan under hot griller to set the top of the frittata, approximately 5 minutes, or until lightly browned.
8. Allow to cool slightly, then place a larger plate over the top of the fry pan and quickly flip over. Gently lift off pan. Use a second plate to flip frittata back over.

Cut into wedges and serve with beetroot relish (page 199).

serves 4



Use a fry pan that is oven proof and be careful when removing from oven – the handle will be hot!



Broccoli is thought to help prevent cancer due to its unique health properties.



Pair with a Riesling or Albariño, both of which offer clean crisp flavours that complement the goat's cheese.