



rootmatters

Recipe

Frittata Any Style

Easy gluten-free crustless quiche



SERVINGS: 4 to 6
PREP TIME: 15 mins
COOKING TIME:
Cast Iron Pan – 12 mins
Oiled Baking Dish – 20-23 mins

METHOD

1. Pre-heat oven to 218 C / 425 F or the grill for stove-top method with cast iron pan, or 175 C / 350F for the baked method with oiled baking dish.
2. Crack the eggs into a medium bowl, add full fat cream if using, and add in $\frac{3}{4}$ of the cheese. Save a $\frac{1}{4}$ for the topping later. Add $\frac{3}{4}$ of the garnishing herbs and whisk together.
3. Add around $\frac{1}{2}$ tbsp. of olive or avocado oil in a medium size cast iron saucepan or skillet over medium heat. Once heated, add the ingredients, starting with onions first, then meat if you're using, and gradually add the more dense to lighter vegetables as they cook accordingly. Season with a pinch of salt and pepper.
4. **STOVE –TOP CAST IRON PAN OPTION:** Whisk the egg mixture again and pour over the cooked ingredients, stir evenly with a spatula, making sure the egg mixture is coating all the ingredients, especially at the base.
5. Let cook and set for about 1 to 2 minutes, and once the edges of the frittata turns lighter in colour, sprinkle the rest of the cheese on the surface, transfer the whole pan into the oven, and bake for about 7 to 15 minutes, depending on how thick and dense it is (keep monitoring). Once eggs are puffed up and middle is slightly wobbly, it should be ready. Another option is to cook the ingredients with the egg mixture longer on the stove for about 8 mins, and grill the top part for about 7 minutes. Cool on a cooling rack, sprinkle the rest of the herbs on top.
6. **OILED BAKING DISH OPTION:** Ensure a 8 x 12 inch size baking dish is oiled with butter or olive oil. Let the cooked ingredients cool slightly and stir into the egg mixture, then pour into the dish. Sprinkle the rest of the cheese on top. Bake for 20 to 25 minutes. Once eggs are puffed up and slightly wobbly in the middle, it should be ready. Cool on a cooling rack, and add the rest of the herbs on top.

TIPS

- *Best to use Organic Free Range Eggs and ingredients
- *Don't over cook your Frittata, as it will continue to cook once out of the oven / grill.
- *Serve for breakfast or with a salad for lunch or dinner
- *Can be stored in the fridge for a few days (but not good for freezing)

INGREDIENTS

8 Eggs
80g grated or crumbled Cheese (like Cheddar, Parmesan, Feta Cheese etc)
2 tsp Full Fat Cream, Milk, Crème Fraiche, Sour Cream, Kefir, Plain Yoghurt or Creamy Plant Milks (Cashew, Macademia)**
 $\frac{1}{2}$ Onion, finely diced
3-4 cups Any chopped up Vegetables or Greens, either raw or cooked (quantity and cooking time will vary depending on what vegetables you use)
 $\frac{1}{4}$ cup or less of any cooked meat, nitrate free bacon, chorizo, ham etc, chopped up (optional can be just vegetables)
1 tbsp. Olive Oil or Avocado Oil (some for oiling baking dish if using or can use butter)
Salt and Pepper for seasoning
Handful or more of Coriander (Cilantro), Basil, Parsley or any leafy herbs chopped up for garnish

**Optional, just makes the Frittata slightly creamier and fuller, but I have often omitted this part!

INGREDIENT CHOICES (UNLIMITED):

Spinach, Kale, Broccoli, Arugula, Zucchini, Chives, Spring Onions, Shallots, Onions, Cherry Tomatoes, Tomatoes, Mushrooms, Carrots, Sweet Potatoes, Bell Peppers, Peppers, Chilli Peppers, Butternut Squash, Pumpkin, Potatoes, Artichokes, Olives, different Cheeses, Herbs, plus any left overs you have in the fridge!

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