

# SPINACH FRITTATA

Serves: 6   Ready in: 40 mins   Cost per serve: \$1.55



## Ingredients

- 1 tbsp olive oil
- 8 eggs
- ¼ cup milk
- 1 pinch salt
- 1 pinch pepper
- 2 cup spinach
- 1 cup mushrooms, sliced
- 1 capsicum (any colour), diced
- 1 white onion, diced
- ¼ cup shredded cheese (optional)

## ✓ Tips

Great for meal prepping - refrigerate in a container for up to 4 days.

Frozen or seasonal vegetables can be used as affordable substitutes.

You can also use zucchini, corn, eggplant, cauliflower or broccoli in this dish!

## Directions

1. Preheat oven to 200°C. With a fork, beat eggs, salt, pepper and milk in a bowl and set aside.
2. Heat oil in a large fry pan over medium heat, swirling to coat the bottom. Add the onion and cook for 2-3 minutes.
3. Add mushrooms and capsicum and cook for another 3 minutes. Add the spinach and cook until the spinach is just wilted.
4. Add the vegetable mixture to a lightly greased deep baking dish and pour the egg mixture over it.  
**Optional:** Top with the shredded cheese.
5. Bake in the oven for 30 minutes or until the egg mixture is set.
6. Remove from oven and leave to cool before slicing up and serving.

