



Individual Frittatas

Ingredients

3-4 silverbeet leaves
5-6 kale leaves
2 spring onion
Small bunch parsley
1 carrot
1 zucchini
100g cheese
1 cup milk
8 eggs
Pinch nutmeg
Salt and pepper

Makes 12-14 individual frittatas

What to do:

- 1) Preheat oven to 200c
- 2) Wash kale, silverbeet, parsley and spring onion
- 3) Remove the stalks from the kale and silverbeet and discard. Chop the leaves into 4, roll up and finely shred
- 4) Spin the parsley dry. Pick off the leaves and finely chop
- 5) Chop the stem off the spring onion. Finely slice
- 6) Peel the carrot
- 7) Grate the carrot and the zucchini
- 8) Grate the cheese
- 9) Add the kale, silverbeet, parsley, spring onion, carrot, zucchini and cheese into a bowl. Mix together
- 10) Line 12 muffin pans with patty cases
- 11) Divide the vegetable mix evenly into the patty cases
- 12) In a jug, add the eggs, milk, salt, pepper and nutmeg. Whisk to combine
- 13) Gently pour the egg mix into the patty cases, filly each case about $\frac{1}{2}$ full
- 14) Bake the frittatas in the oven for 20-25 minutes, until golden and firm to touch
- 15) Serve and enjoy