

Spring green frittata

SERVES 4 PREP 10mins COOK 18mins

MODERATELY EASY

* Any leftovers can be enjoyed cold with a fresh green salad



- spray oil
- 1 red onion (approx 80g), finely chopped
- 100g The Co-operative frozen Truly Irresistible British garden peas
- 200g The Co-operative Truly Irresistible asparagus tips, chopped
- 100g dwarf beans, chopped
- 8 large eggs
- 95g The Co-operative reduced-fat Greek salad cheese, cubed

- black pepper
- 15g fresh mint, finely chopped

1 Spray oil into a 20-25cm non-stick frying pan. Add onion and cook on a medium heat for 5 mins. Remove from heat and set aside.
2 Cook the peas, asparagus and beans in boiling water for 1 min, then drain.
3 Beat eggs in a bowl. Add cheese and pepper and mix well. Pre-heat the grill to a medium heat.
4 Put onions back on the heat, add egg mixture, vegetables and mint. Stir to start the

eggs scrambling, allow to set. Reduce heat and cook for 8 mins.
5 Brown the top under the grill for 4 mins and allow to cool. Turn out onto serving plate.

Calories 295	Fat 18.6g	Sat Fat 5.9g	Sugars 3.4g	Salt 1.1g
approx. per serving				
✓ 1 of your 5-a-day				

The **co-operative**
good with food