



SPINACH & SUNDRIED TOMATO FRITTATA

https://www.mainland.co.nz/recipe/Spinach_sundried_tomato_frittata.html



Prep Time
10 MINS

COOKING Time
30MINS

SERVES
2

Frittata's are easy to make, and very versatile. You can add whatever you like in, however we personally love a sprinkle of Mainland Tasty grated with some sundried tomatoes and chorizo.

Ingredients

- 1 tbsp olive oil
- ½ onion finely chopped
- 1 clove of garlic crushed
- 100 g spinach chopped
- 4 eggs
- ½ C Mainland grated tasty cheese
- 62 g cottage cheese
- ¼ C sundried tomatoes chopped
- 50 g chorizo finely chopped
- ½ handful fresh basil most of it chopped but reserve some for garnish

Method

1. Heat the olive oil in an oven-safe frying pan over medium heat. Add the onion and garlic and cook for about 5 minutes before adding the spinach to the pan. Cook until the spinach wilts and excess water has evaporated.
2. In a large mixing bowl, whisk the eggs together until well beaten. Season with salt and pepper.
3. Add the grated cheese and cottage cheese to the eggs and mix well.
4. Pour the egg and cheese mixture into the pan along with the sundried tomatoes, chorizo and basil. Gently mix to combine. Allow the frittata to cook on the stovetop over medium heat for about 5 minutes, or until the edges start to set.
5. Heat the oven to grill setting and pop the frittata under the grill to cook the top. The centre needs to be set.
6. Serve warm or at room temperature garnished with basil.

Chef's tips

If you don't have an oven-safe frying pan then you can cook your frittata in ceramic quiche/flan dish in the oven at 180°C.