



Frittata 3/4 persons:

- 6 eggs
- salt
- pepper (optional)
- about 1 cup of cooked vegetables (courgette)
- 2 tbsp of parmesan
- olive oil

Beat the eggs until smooth, add salt and pepper. If the vegetables are in big chunks you may want to cut them in smaller pieces or mash them with a fork. Then mix the vegetables with the eggs, they should not be too hot (otherwise the eggs will start cooking when in contact with the piping hot veggies) and add the parmesan if you like.

Heat 1 or 2 tbsp of olive oil in the non-stick pan (26 or 28 cm), then pour the egg mixtures, lower heat and cover with a lid. The thicker the frittata the lower the heat, this will ensure it will cook thoroughly without burning on the outside.

While it cooks you should check with a spatula that the frittata is not sticking to the pan. Once the bottom is cooked and the upper part looks less runny but still soft, you have to turn the frittata. Experts do flip it in the air with a clever wrist move, I don't. Just use the lid and slide the frittata on it then rapidly turn the lid over to the pan and let the frittata complete the cooking.

Now cut it in squares or wedges, it depends on the size of the party!