



Classic Egg Frittata (OP W)

Serving: 1

Veg

Ingredients

- -Egg whites – 2
- - $\frac{1}{2}$ small Sweet potato, washed and cut into cubes
- -1 tbsp feta cheese
- -1 /2 tsp olive oil
- -1 cloves of garlic, crushed
- -A pinch of salt
- -1 tsp black pepper powder
- -Fresh basil leaves, roughly chopped for the garnish
- 1 small carrot slices

Preparation Method

- 1. Bring 1 cup of water to a boil in large pan with a lid.
- 2. Add a pinch of salt, sweet potato cubes, sliced carrot and garlic and cook covered for 5 to 7 minutes until the sweet potato and carrot are slightly soft.
- 3. Turn the flame to low, . Remove the vegetables from water if left and keep aside.
- 4. Beat the egg whites vigorously with a whisker until till frothy and bubbly until 45 seconds.
- 5. Heat the olive oil in a clean, dry skillet/ pan over a medium flame. When the oil is hot add the egg whites, then scatter the cooked vegetables evenly over top.
- 6. Let the frittata cook on stove for 2 minutes.