

Spring vegetable frittata

- Vegetarian
- No added sugar
- Nut-free
- Peanut-free
- Sesame-free

This veggie-packed frittata is a must-try meal. It's simple to prep and full of flavour.

- Serves 4
- Cooktime 35 mins 35 minutes
- Prep time 20 mins

Ingredients

- 300g potatoes, peeled, cut into 2cm pieces
- 100g frozen peas
- 100g frozen broad beans, thawed, peeled
- 2 bunches asparagus, woody ends trimmed, chopped
- 8 eggs
- 1/3 cup coarsely chopped mint
- 1 tbs olive oil
- 4 spring onions, thinly sliced
- 100g reduced-fat feta, crumbled
- 1/2 tsp ground black pepper
- 4 thick slices multigrain bread
- Mint sprigs, to serve

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Cook the potato in a medium saucepan of boiling water for 10-12 mins or until tender. Drain well.

2. Step 2

Meanwhile, cook the peas, broad beans and asparagus in a separate saucepan of boiling water for 2-4 mins or until bright green. Drain and refresh under cold water. Whisk the eggs in a large bowl. Stir in the chopped mint.

3. Step 3

Heat the oil in a 26cm (base measurement) non-stick frying pan over medium heat. Add the potato and asparagus mixture. Cook for 5 mins or until golden. Stir in the spring onion.

4. Step 4

Preheat the grill on medium. Pour the egg mixture over the vegetables in the pan and sprinkle with the fetta and pepper. Reduce heat to low. Cook, without stirring, for 10-12 mins or until mixture is almost set. Transfer the pan to the grill and cook for 3-5 mins or until the top is golden and mixture is set.

5. Step 5

Cut the frittata into wedges and serve with bread. Sprinkle with mint sprigs to serve.