



Mushroom frittata

Serves:



Preparation: 10 minutes

Cooking: 5-6 minutes

Ingredients

- 1tbsp olive oil
- 1/2 (half) red onion, finely sliced
- 1 clove garlic, finely chopped
- 1 tsp fresh thyme leaves
- 75g mushrooms
- 6 eggs
- 1 tbsp roughly chopped flat leaf parsley
- Roasted vine tomatoes, to serve

Method

1. Warm half of the oil in a small non-stick frying pan (about 15-20cm) with a heatproof handle over a medium heat. Add the red onion, garlic and thyme. Fry for 5 minutes or until softened but not browned.
2. Wipe the mushrooms with a clean, damp cloth to remove any excess dirt. Using a sharp knife chop them roughly. Add to the pan and fry for 5 minutes or until any excess juices have evaporated. Remove from the heat and leave to cool for 5-10 minutes.
3. In a large bowl whisk the eggs together with the parsley, and season with salt and pepper to taste. Add the cooled mushroom and onion mixture.
4. Using a piece of kitchen paper wipe any excess residue from the pan. Return to the heat and add the remaining oil. Pour in the frittata mixture and cook for 5-10 minutes or until the underside is golden. Meanwhile preheat the grill to high.
5. Place the pan under the preheated grill for 3-5 minutes or until just golden but still a little wobbly in the middle. Remove and leave to cool in the pan for 5-10 minutes before turning out and cutting into wedges to serve. Great with roasted tomatoes.

Fuel learning

- Eggs are really high in protein to keep you alert. Frittata makes a great lunch option as it will help you stay awake and alert throughout the afternoon.
- It's not just eggs that contain a rich source of protein - lean meats, fish and poultry are also high in protein. Nuts and seeds are also rich in protein - perfect for on the go snacking.

Tips

- You can use any mix of mushrooms in this recipe - why not try exotic mushrooms such as Shiitake or oyster for a change.
- Frittata can be served hot or cold, so if you take a packed lunch to work why not take a slice of frittata as a change to a salad?