

Vegetable Frittata

<p>1 large baking potato (cooked) 4 eggs 1 onion 1 red pepper 1 courgette Fresh dill or basil 150 ml cream 2 tbsps. oil 150 gr grated cheese</p>	<p>Pre-cook the potato until just cooked, so it won't fall apart when you cut it up. This can be done in the microwave oven, leave skin on. Finely chop the onion and gently fry in oil until soft. Meanwhile chop the other vegetables into small dice, add to the frying pan. Chop the cooked potato into dice. In a large bowl break the eggs, add cream, chopped herbs and seasoning. Beat with a fork., until fully mixed. Well grease an oven proof dish. add the cooked vegetable s to the base of the dish, pour the egg mixture over, and gently mix around with the fork. Top with the grated cheese. Bake in a hot oven 180°C for 40 minutes until set. Served with crusty bread and a green salad. You can use other vegetables, mushrooms, broccoli and snap peas are all delicious too. It is a great way of using up a small amount of leftover veg.</p>
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