





### *BATCH COOK FRITTATA (BREAKFAST)*

 3 servings  20 minutes

#### INGREDIENTS

6 eggs  
3 spring onions  
Fresh basil 1 red pepper  
4 handful spinach

#### Fillings:

60g feta, bacon medallions,  
40g cheddar cheese

#### DIRECTIONS

1. Using an oven safe frying pan, cook the onion, spinach and diced red pepper for a few minutes.
2. Whisk the eggs with the basil and salt and pepper.
3. Blend the ingredients on high speed until the mixture becomes smooth and creamy. You may need to blend for about 1-2 minutes to ensure a well-mixed and smooth consistency.
4. Pour the eggs into the pan and add your filling, allow to set with a lid covering the pan for 4 minutes on a low heat so the bottom doesn't burn.
5. Finish under the grill to set the top. Allow to cool slightly.
6. Slice into 3 pieces keep in container in the fridge.