





GOAT'S CHEESE FRITTATA (BREAKFAST)

 4 servings  30 minutes

INGREDIENTS

4 baby potatoes, thinly sliced
120g frozen peas
8 eggs
85g goat's cheese, crumbled
120g rocket
1 tbsp. Olive oil
Salt & pepper

DIRECTIONS

1. Heat a non-stick frying pan over medium heat, greased with the olive oil. Cook the sliced potato 5-6 minutes on each side or until lightly golden and tender. Transfer to a plate and set aside.
2. Place the frozen peas in a bowl of hot water and allow to defrost until the peas are tender. Drain well.
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. Lightly whisk the eggs in a medium bowl. Season to taste with salt and pepper.
5. Preheat the grill on medium. Arrange half the potato at the base of the frying pan. Top with half the peas and half the goat's cheese. Repeat the layering process once more and then pour over the eggs to cover the potato. Cook over a low-medium heat for 10 minutes or until the egg is almost set.
6. Place under the grill for 5 minutes, until the egg is just set on top. Cut the frittata into wedges, and serve with a handful of rocket.