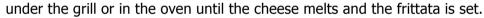


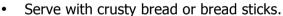
Frittata with crusty bread

Serves 10

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Ingredients	
200g baby spinach, washed & chopped	2 tbsp (30ml) unsaturated oil
1 leek (100g), washed and sliced	6 eggs (beaten)
2 celery sticks (60g), washed & chopped	Black pepper
1 red pepper (160g), deseeded & chopped	100g grated cheddar cheese
1 large French stick	

- METHOD:
- Put the oil in a large frying pan and heat. Add the leek, celery and red pepper and cook for about 5 minutes or until softened.
- Add the spinach and cook for a further 2 minutes.
- In a bowl, beat the eggs with a little black pepper. Pour the eggs over the vegetables.
- Cook over a medium heat until the base begins to set. Sprinkle on the grated cheese and place







- ✓ COOK'S TIP: FOR PUREE DIETS MAKE A SPINACH AND LEEK PUREE
- ✓ FOR EGG FREE DIETS YOU WILL NEED TO SERVE A SEPARATE DISH. SERVE PITTA BREAD, HUMMUS AND CARROT AND CUCUMBER STICKS
- ✓ FOR WHEAT FREE DIETS, SERVE WHEAT FREE BREAD
- ✓ FOR DAIRY FREE DIETS, USE DAIRY FREE SPREAD AND SOYA CHEESE

Nutrition analysis per serving									
Energy (kcals)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)		
145	6.3	13	18	3	1	1	87		