

## Frittata with crusty bread

**Serves 10**

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

- **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 under the grill or in the oven until the cheese melts and the frittata is set.
- Serve with crusty bread or bread sticks.



- ✓ **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 (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
145	6.3	13	18	3	1	1	87