



Greek frouitalia omelet with zucchini blossoms and sausages

15'
Hands on

10'
Cook Time

4-6
Portion(s)

2
Difficulty



Ingredients

- 1 tablespoon(s) olive oil
- 200 g sausages, cut into 1 cm pieces
- 200 g zucchinis, and zucchini blossoms
- 5 eggs
- 100 g kefalotyri cheese, grated (optional)
- 1 tomato, cut into 0,5 cm cubes
- parsley, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

258 Calories (kcal)	20.0 Total Fat (g)	7.8 Saturated Fat (g)	2.1 Total Carbs (g)
13%	29%	39%	1%
1.7 Sugars (g)	15.0 Protein (g)	1.8 Fibre (g)	0.94 Sodium (g)
2%	30%	7%	16%

Method

Who knew, that an omelet could become the staple of an island's gastronomic tradition? We are of course referring to the "Frouitalia" (also known as fourtalia), which is completely connected to the traditional cooking of the beautiful island of "Andros" in the Greek Cyclades. This particular omelet is usually prepared in a pan, with freshly cut potatoes and country sausages, while there is a lighter version that can be baked in the oven. Other people may add fresh oregano or marjoram, zucchini, zucchini blossoms, fresh broad beans or artichokes!

- Place a 20 cm [nonstick pan](#) over medium heat.
- Let it get hot and add the olive oil and sausages.
- Sauté them until they release their fat and are cooked through.
- Transfer to some paper towels and allow them to drain from excess oil.
- If they have released a lot of oil in the pan, remove all but 1-2 tablespoons of it.
- Slice the zucchini into 1 cm rounds and sauté in the oil in the pan.
- Add the zucchini blossoms and sauté them also.
- Beat the eggs and add them to the pan along with the cheese and lower heat.
- Add the sausages.
- Check if the frouitalia is cooked through, by lifting the edge with a knife.
- Use a [large plate](#) to help you turn it over and cook on the other side also.
- Serve warm with tomatoes and parsley.

Tip

You can also bake the frouitalia in the oven and also add any other vegetables you like. It is a great, smart and tasty way to use up a surplus or leftover veggies in your kitchen!