



Mint and Zucchini Frittata

30 minutes

Hands on

Family

Portion(s)

1

Difficulty



Ingredients

- 3 medium sized zucchini
- mint
- thyme
- 1 small onion
- 8 eggs
- olive oil, for frying
- 100 g feta cheese
- 1 green pepper
- cayenne pepper, for serving

Διατροφικός πίνακας

Nutrition information per portion

200 Calories (kcal)	15.5 Total Fat (g)	5.0 Saturated Fat (g)	1.7 Total Carbs (g)
11%	22%	25%	1%
1.5 Sugars (g)	13.0 Protein (g)	1.0 Fibre (g)	0.72 Sodium (g)
2%	26%	4%	12%

Method

For those of you who have never tried the Italian version of an omelet which is called a Frittata, it is the perfect and very healthy dish for Sunday brunch!

- Wash the zucchini and cut off the ends. Cut in half, lengthwise and then thinly slice.
- Use a stovetop oven pan, a pan that can be used both on the stovetop and in the oven and that does not have plastic handles.
- Thinly slice the onion. Pour some olive oil in the pan and as soon as it gets hot, lower the heat to low and sauté the onions until they caramelize.
- Cut the green pepper in half and finely chop the one half. Set the other half aside to use at the end.
- Crack the eggs in a bowl. Add salt, pepper, finely chopped mint and thyme and some crumbled feta cheese. Mix with a hand whisk.
- When the onions are caramelized, turn up the heat and add the chopped pepper, zucchini and a little more olive oil. Stir with a wooden spoon.
- Add half of the egg mixture to the pan and shake the pan so the mixture spreads in the pan. Cook for 3-4 minutes, until the eggs are cooked on the bottom.
- Remove from heat and add the rest of the egg mixture to the pan. Spread it around in the pan.
- Crumble the rest of the feta cheese over the frittata. Season with salt, pepper and cayenne pepper.
- Set your oven on broiler and cook for 10-15 minutes.