



Cheese frittata

10'
Hands on

30'
Cook Time

4
Portion(s)



Ingredients

- 1/2 onion, red
- 1 tomato
- 1 Florina pepper (red pepper)
- 2 potatoes, boiled, medium
- 2 tablespoon(s) olive oil, +extra for pan
- 6 eggs, medium
- salt
- pepper
- 100 g kasseri cheese, grated
- 100 g regato cheese, grated
- 50 g feta cheese, cut into small pieces + extra for serving
- 1 tablespoon(s) parsley, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

484 Calories (kcal)	35.0 Total Fat (g)	15.0 Saturated Fat (g)	14.0 Total Carbs (g)
24%	50%	75%	5%
3.6 Sugars (g)	28.0 Protein (g)	2.0 Fibre (g)	1.5 Sodium (g)
4%	56%	8%	25%

Method

- Preheat oven to 180* C (350* F) Fan.
- Finely chop the onion, quarter the tomato and remove the seeds and then cut into 1 cm cubes. Cut the red pepper and the boiled potatoes into 1 cm cubes also.
- Place a pan over medium to high heat and add the olive oil.
- Add the onion, pepper and tomato and sauté for 5 minutes.
- Add the potatoes and sauté for 3 minutes.
- Generally brush a 20 cm nonstick pan with olive oil and add the sautéed vegetables.
- In a bowl, whisk the eggs. Add salt, pepper and the grated cheeses.
- Add mixture to pan and bake for 15-20 minutes.
- When ready, remove from oven and turn out upside down onto a plate.
- Serve with remaining feta and finely chopped parsley.