

Frittata

Cuisine: **Italian**
Food category: **Vegetarian dishes**



Author: **Jaroslav Mikoška**


Company: **Retigo**





Program steps

Preheating: 180 °C


1

 Hot air


 100 %

 Termination by time

 00:15 hh:mm

 180 °C

 80 %



Ingredients - number of portions - 1		
Name	Value	Unit
5 tbsp vegetable oil	10	ml
potatoes	100	g
green asparagus	2	pcs
frozen peas	30	g
mint	5	pcs
parmesan cheese	20	g
chicken eggs	2	pcs
freshly ground black pepper, ground	1	g

Nutrition and allergens	
Allergens: 3, 7	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	200.4 kJ
Carbohydrate	25.1 g
Fat	5.6 g
Protein	10.9 g
Water	0 g

Directions

Grease the GN container with a little sunflower oil.

In a bowl, mix together the asparagus (trimmed,chopped), spring onion (trimmed, chopped) and peas. Stir in the mint leaves(torn) and parmesan(grated) until well combined.

Tip the beaten eggs into the bowl and mix carefully. Season with freshly ground black pepper and mix again.

Spoon the frittata mixture into the prepared GN container. Place to the oven and bake for 15 minutes on hot air mode at 180°C, or until the eggs have completely set and a skewer inserted into the centre of the frittata comes out clean.

Serve with cherry tomatoes.

Recommended accessories



Enameled GN
container