



FLAN-TASTIC FRITTATA

All the eggy goodness of quiche without the pastry. Serve with bread or potatoes and a salad. You could use chopped pepper instead of tomatoes if you prefer, and remove the ham for a vegetarian option. When fresh tomatoes/peppers are out of season, use sun-dried tomatoes or frozen sliced peppers instead.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; crack an egg; beat an egg; use measuring spoons; use weighing scales; cut using bridge/claw technique safely; use a box grater safely; season to taste.

Equipment: 10cm ovenproof dish, weighing scales, chopping board, knife, box grater, measuring spoons, measuring jug, fork/whisk.

Allergens*: Eggs | Milk

May contain gluten (check your ham)

Ingredients (serves 2):

- 3 large eggs
- 3 tbsp semi skimmed milk
- 2 tsp vegetable oil
- 2 spring onions
- 4 cherry tomatoes
- 1 slice of ham
- 30g reduced fat mature cheddar cheese, grated
- Black pepper, to taste

Method

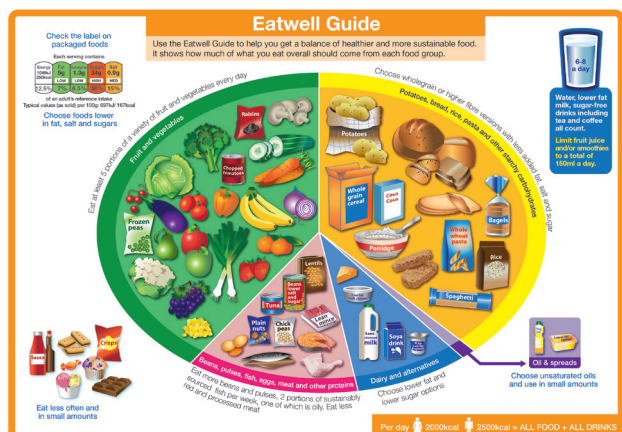
1. Preheat the oven to 180°C or Gas Mark 5.
2. Brush a 10cm oven proof shallow dish with the vegetable oil and add the sliced spring onions (the white part from near the root, not the green tops) and halved tomatoes. Mix well with the oil and put in the oven.
3. Meanwhile beat the eggs with the milk. Season with black pepper.
4. Remove the hot dish from the oven after around 10-15 minutes once the veg have started to soften. Scatter over the chopped ham, sliced spring onion green tops and grated cheese.
5. Pour over the egg and milk mixture.
6. Return to the oven and bake for around 15 minutes or until the egg has set and the top is golden.
7. Serve warm or cold with bread or new potatoes and salad.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



FLAN-TASTIC FRITTATA

Nutrition Information



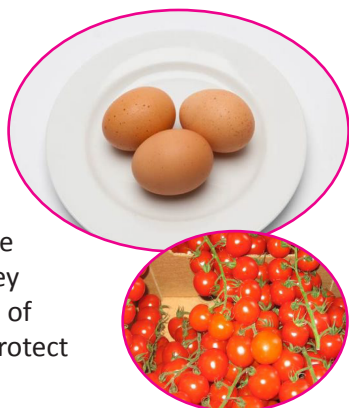
The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about flan-tastic frittata ...

Eggs are an excellent source of protein, vitamins and minerals. Protein is essential for building and repairing our bodies

Tomatoes are really good for us containing a wide range of vitamins and minerals. They also contain lycopene, a type of antioxidant which can help protect our bodies from disease.



Energy, sugar, fat and salt per serving

Per 192g serving

ENERGY
1058kJ / 254kcal **13%**

MED **FAT**
17.1g **24%**

MED **SATURATES**
5.2g **26%**

LOW **SUGARS**
3.1g **3%**

MED **SALT**
1.1g **18%**

% of an adult's reference intake

Typical values per 100g : Energy 551kJ / 132kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.