



AIR FRYER FRITTATA

All the eggy goodness of quiche without the pastry. Serve with bread or potatoes and a salad. You could use any chopped veg if you prefer, or add ham for a meaty 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; cut using bridge/claw technique safely; season to taste.

Equipment: Air Fryer, chopping board, knife, measuring spoons, measuring jug, fork/whisk.

Allergens*: Eggs | Milk

Ingredients (serves 4):

- 6 eggs
- 1 ball mozzarella
- 1 tsp dried oregano/mixed herbs
- Handful of cherry tomatoes
- 2-3 Spring onions
- Salt and pepper to taste

Method

1. Chop the tomatoes in half using the bridge hold technique.
2. Put the halved tomatoes in the air fryer for 5 minutes at 190°C to crisp up.
3. Whisk the eggs together in a bowl.
4. Tear up the mozzarella into small pieces and add to the eggs.
5. Snip the spring onions into the bowl with scissors.
6. Add the herbs and a pinch of salt and pepper.
7. Pour the egg mixture into the air fryer over the tomatoes and cover with a layer of foil. Cook at 190°C for 25 minutes.
8. Remove the frittata from the air fryer with a spatula and serve with salad.

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



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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 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 163g serving

ENERGY	751kJ / 180kcal	9%
FAT	12g	17%
SATURATES	4.9g	25%
SUGARS	1.6g	2%
SALT	0.7g	12%

% of an adult's reference intake
Typical values per 100g : Energy 462kJ / 111kcal

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.