

Easy veg frittatas

Ingredients

2 spring onions
50g cheese, e.g. Cheddar, Cheshire
Fresh coriander or chives
3 eggs
80g sweetcorn (canned or frozen)
40ml milk
Black pepper
Spray oil



Makes 6 mini frittatas

Equipment

Chopping board, knife, grater, mixing bowl, fork, measuring jug, silicone muffin cases or non-stick muffin tin, oven gloves.

Method

1. Pre-heat oven to 200°C or gas mark 6.
2. Prepare the ingredients:
 - top, tail and slice the spring onions;
 - grate the cheese;
 - chop the fresh herbs.
3. Crack the eggs into a bowl and whisk with a fork.
4. Add the milk to the bowl and mix well.
5. Stir in the cheese, fresh herbs and black pepper.
6. Spray the muffin cases or muffin tin lightly with oil.
7. Divide the vegetables equally between the 6 cases.
8. Pour over the egg, milk and cheese mixture.
9. Bake in the oven for 15-20 minutes, until the egg is cooked.

Top tips

- Get at least 5 A DAY - add chopped red, yellow or green peppers, sliced mushrooms, fresh spinach (wilted first) or chopped beetroot.
- Reduce food waste – use all of the spring onion, not just the white part. Save the coriander stems (stand in cold water in the fridge) and use in soups, dips and stews.

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