

# Potato and Herb Frittata

**Serves: 6-8**

**From the Garden:** potato, fresh herbs, assorted green leaves

## Ingredients:

5 eggs  
50ml milk  
2 large cooked potatoes  
1 cup shredded herbs/assorted greens  
100g grated cheddar cheese  
1 tsp sea salt  
1 leek or 1 large onion  
1 garlic clove  
Freshly ground black pepper

## Equipment:

Basic toolbox, chopping board, large metal bowl, large knife, non-stick frying pan, box grater

## Method:

1. Wash and dry herbs/greens. Chop up roughly and set aside.
2. If using a leek, wash thoroughly, then dry. Slice leek into thin rings, set aside. (Or if using an onion, peel and then cut in half. Slice each half into thin slices, set aside.)
3. Peel garlic and crush, set aside.
4. Slice potatoes thinly and set aside.
5. Grate cheddar cheese into small bowl and set aside.
6. Crack eggs into bowl and whisk lightly. Add salt, pepper and herbs/green, and stir through egg mix.
7. Place 2 tbsps of extra virgin olive oil into non-stick frying pan. Put onto a stove burner, on medium heat. Put in the leeks and sauté, being careful not to brown leeks. They should just soften and collapse slightly. (If using onions, sauté in 2 tbsps of extra virgin olive until translucent.)
8. Now add crushed garlic and sauté for a further minute.
9. Turn stove burner to high heat. Add a knob of butter and stir through until melted. Add potato slices and sauté for 3-4 mins.
10. Now carefully pour in egg mix. The egg mix should sizzle and puff up around the edges as it hits the frying pan. Reduce heat to low and cook for approx. 5 minutes until the bottom of frittata is golden brown.
11. The top of frittata will still be moist. Sprinkle the grated cheese evenly over the top. Then place under a hot grill for 3-5 minutes until cooked. **\* Remove frying pan from under grill, handle may be very hot.\*** Allow frittata to cool slightly and then slide onto a clean chopping board. Cut into wedges and serve immediately. Frittata can also be served cold as finger food, at picnics and lunches.

Enjoy!

**Tasks within two \* \_\_\* means please get an adult to help.**

Recipe reference: created by Jacky Cronin, Wodonga West Primary School