



Spinach, Tomato & Ricotta Frittata

SERVES: 4 | TOTAL TIME: 50 MINUTES

INGREDIENTS

- 8 free-range eggs, at room temperature
- ½ cup cream
- ½ cup grated parmesan + extra to serve
- 1 tbsp olive oil
- 2 garlic cloves, finely chopped
- 250 g tomato medley, halved lengthways
- 150 g baby spinach leaves
- 1 small zucchini, very thinly sliced lengthways into very thin ribbons
- 150 g fresh ricotta, crumbled
- Basil leaves, to serve

DIRECTIONS

1. Preheat oven to 200°C fan-forced.
2. Combine eggs, cream and parmesan in a large jug. Season with salt and pepper. Whisk until well combined. Set aside.
3. Heat oil in a 25cm non-stick ovenproof frying pan over medium heat. Add garlic and tomatoes and cook, stirring, for 2 minutes or until softening. Add spinach and toss until wilted. Pour over the egg mixture and using a spatula, over the heat gently mix to evenly cover the pan base. Remove from heat.
4. Loosely arrange zucchini ribbons on top of the egg mixture. Scatter with ricotta. Transfer to the oven and bake for 25 to 30 minutes, until golden and set. Stand for 5 minutes in pan.
5. Scatter basil leaves, sprinkle with parmesan and serve.