

Garden Greens Frittata

EQUIPMENT:	INGREDIENTS:
1 large pan Wooden spatula Knife Chopping boards Salad Spinners	12 eggs 1/2 cup flat leaf parsley roughly chopped 1 large leek 3 stalks celery 1 ½ tbspn rosemary leaves ½ cup chives 1 ½ tablespoon thyme leaves 5 large silverbeet leaves 1 cup warrigal greens/kale leaves 2 small zuchinni trimmed and sliced lengthways 3 cloves garlic finely chopped ½ cup cheese grated Olive oil Salt and pepper

What to do:

1. Preheat oven to 180c
2. Wash herbs and place in salad spinner and spin until dry. Pick leaves off the stems then chop finely.
3. Wash Zucchini, trim off top and bottom and slice lengthways
4. Chop off green top off Leek and the roots. Slice finely and put into a bowl with some water. Swish around to remove dirt that get trapped in the layers. Scoop out leeks with your hands and spin in salad spinner. Set aside
5. Wash Warrigal Greens/ Kale and Silverbeet and celery spin in salad spinner. Remove stalks and roughly chop spinach and finely chop celery.
6. Assemble 2 bowls. Crack your eggs into the smaller bowl and check for shell and whether egg is ok then transfer to larger bowl. Repeat with all eggs. Whisk the eggs until combined and add some salt and pepper
7. Heat rice bran oil in large pan over medium heat and cook zucchini slices until golden on both sides. Drain on absorbent paper.
8. In the same pan sauté the garlic, leeks, rosemary and thyme until fragrant and garlic has softened. Add silverbeet and warrigal greens and cook for a minute or two until the greens begin to wilt. Remove from heat and transfer to a bowl
9. Heat the remaining oil in the same pan and add egg mix. Cook without stirring until the egg starts to set around the edge. Using a spatula, start stirring the eggs lifting up the set egg so that the uncooked eggs runs underneath. Continue to cook for a further minute and then spoon the silverbeet mixture and grilled zucchini over the eggs, pressing down gently and spooning some of the raw egg over the top so the vegetables are covered.

10. Sprinkle with grated cheese then transfer pan to the oven and grill the frittata for 10-15min or until just set and golden on top.