

Jamie's

MINISTRY OF FOOD AUSTRALIA

SPINACH, RED ONION AND FETA FRITTATA



Think of a frittata as a posh omelette.

They're delicious hot, but just as good cold so you can even try popping a wedge in your lunchbox!

Serves 4

Ingredients

½ a small red onion
250g fresh baby spinach
olive oil
4 large eggs, preferably free-range or organic
100g crumbled feta cheese
freshly ground black pepper

Equipment list

Small ovenproof non-stick pan (approximately 20cm)
Measuring spoons
Chopping board
Knife
Bowl
Spatula
Fork
Plate

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SPINACH, RED ONION AND FETA FRITTATA

To make and cook your frittata:

1. Peel and finely slice the onion. Wash and drain the spinach then spin dry in a salad spinner.
2. Preheat your grill to high. Pour enough oil into a small ovenproof non-stick frying pan to very lightly coat the bottom (about 1 teaspoon) and put over a medium heat.
3. Add the onion and cook until just starting to colour. Add the spinach and toss for a minute or two to heat through, then remove from the heat and allow the vegetables to cool slightly.
4. Beat the eggs in a bowl. Add in the cooled spinach and red onion, followed by the feta and a good pinch of freshly ground black pepper.
5. Put your pan back on a medium heat and pour in the eggs. Stir around gently with a spatula until you feel the egg start to set at the bottom, then straight away, turn the heat off so the frittata stays half cooked and quite runny.



6. Carefully place your frying pan under the grill for 2 to 3 minutes, or until the frittata is golden and cooked through (check the centre with a fork.)
Serve hot or cold.

JAMIE'S TIPS

- Eggs cook better on a gentler heat.
- Even though you're grilling the frittata to finish, make sure it isn't too close to the grill and keep a close eye so it doesn't catch.
- You can substitute an equal amount of other cooked vegetables for the spinach. Try chopped sautéed mushrooms, peppers or anything else that sounds good to you.



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