

Other

AVOCADO FRITTATA WITH SUNDRIED TOMATOES, FETA & OLIVES



Serves: 4

Ingredients

- ½ cup chopped spring onions
- 2-3 teaspoons avocado oil
- 6 large eggs
- 125 ml milk
- ½ teaspoon dried mixed herbs
- ¼ teaspoon salt
- 1 avocado, diced
- 2 teaspoons lemon juice
- 100 g crumbled feta cheese
- ½ cup chopped Kalamata olives
- ½ chopped sundried tomatoes
- Rocket leaves to serve

Preparation

1. In a non-stick pan with an ovenproof handle sauté the onions in the oil until soft - about 5 minutes.
 2. Remove the pan from the heat.
 3. Heat the oven to 180° C.
 4. Beat together the eggs, milk, mixed herbs and salt.
 5. Gently toss the avocado with lemon juice.
 6. When the oven is hot, evenly scatter half the avocado, cheese, olives and sundried tomatoes over the sautéed onion.
 7. Pour egg mixture into the pan taking care not to disturb the other ingredients.
 8. Bake for about 20 minutes, or until the frittata is set firm and the top lightly browned.
 9. Scatter the remaining ingredients over the top and bake for a further 10 minutes.
 10. Cut into wedges and serve with rocket leaves.
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