

Others

AVOCADO FRITTATA



- 2 tablespoons butter
- 450g potato, diced into small 1/2cm dice
- 1 and a half Spanish onions, diced
- 6 eggs
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons of chives
- 2/3 cup of Gruyere or Emmental cheese
- 60ml of double cream
- 1 large Hass avocado diced (ripe, but still firm)

Preheat oven to 160°c

Grease a 900g loaf tin or a round cake tin if you prefer wedges to slices.

Melt the butter in a heavy-bottomed frying pan and fry the potatoes over a medium heat for about five minutes. Add the onion and cook, until they both start to colour and soften. By cutting the potatoes into tiny cubes you have ensured they will not take very long to cook, and they will finish cooking in the oven. Season generously with salt and pepper.

Beat the eggs, herbs and cream and stir in the cheese. Scatter the baking dish with the potatoes and onion together with the diced avocado. Pour over the egg mix and bake for 25 - 30 minutes or until set. N.B. If you like you can add lardons of bacon to the potatoes when they are frying off!

<http://www.deliciouslyhealthyavocados.co.uk/recipes/avocado-frittata.html>
