The Independent SCHOOL FOOD PLAN



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Number of portions this recipe makes: 4 primary servings (150g) 3 secondary servings (210g)



Prep: 15 minutes Cook: 15 minutes

Allergy information: Barley (gluten), eggs, fish, milk

Top Tips

For a vegetarian version, use tomatoes instead of bacon.

Government Buying Standards for Food & Catering Services Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose bacon with less than 2.88g salt/100g, and lowest in saturated fat where possible, and milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).

MINI BREAKFAST FRITTATAS

Breakfast / After-School Club: This recipe provides a portion of non-dairy source of protein.

Recipe adapted from: Focus on Food's Cook School recipes

Ingredients

160g new potatoes, cooked and diced 75g bacon, cooked until crispy and diced 60g (2 tbsp) sweetcorn, canned 1 tbsp fresh chives, finely chopped 250g (5) eggs, beaten 60ml semi-skimmed milk 30g Reduced-fat mature Cheddar cheese, finely grated 5g 1 tsp Worcestershire sauce 2g (1tsp) black pepper

Method

- 1. Heat the oven to 170°C/325°F/gas mark 3. Place the muffin moulds on a baking tray.
- 2. Mix the potatoes, bacon, sweetcorn and chives in a bowl. Divide between the 3-4 muffin moulds.
- 3. In a measuring jug, beat the eggs with the milk, grated cheese, Worcestershire sauce and black pepper.
- 4. Carefully pour the egg mixture into the moulds until ³/₄ full.
- 5. Bake for 20 minutes until puffed, golden and set.
- 6. Leave to cool for a few minutes before carefully loosening with a knife.
- 7. Carefully tip out onto a serving plate. Serve warm.

Serving suggestion: serve as main dish with salad and crusty bread.



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education <u>http://www.schoolfoodplan.com/www</u>

Nublic Health England

