



## VEGETABLE FRITTATA

**Grab and Go:** this dish provides a portion of non-dairy source of protein and counts towards the standards to provide a portion of meat, fish, eggs, beans and other non-dairy sources of protein every day, and to provide a portion of a non-dairy source of protein three or more days each week for vegetarians.

Recipe adapted from: Children's Food Trust Recipes for Success series – Mid-morning break recipes and tips

### Ingredients

30ml (2tbsp) olive oil  
 300g onion, peeled and finely chopped  
 200g button mushrooms, sliced  
 160g red pepper, chopped  
 180g potato, boiled and chopped  
 180g broccoli  
 200g sweet corn, drained (160g)  
 16 eggs  
 175ml semi-skimmed milk  
 4g black pepper

### Method

1. Heat the oil in a very large frying pan. Add the onions and fry for 4-5 minutes, over a low heat.
2. Add the mushrooms, pepper, potato, broccoli and sweet corn and continue to fry gently for a further 4-5 minutes.
3. Beat the eggs, milk and black pepper together, then pour the mixture over the vegetables. Turn down the heat to very low.
4. Continue to cook, without stirring, until the egg is cooked.
5. Cut the frittata into slices and serve.

**Serving suggestion:** in a wholegrain baguette with tomato salad.

#### Number of portions this recipe makes:

18 primary servings (125g)  
 12 secondary servings (185g)



**Prep:** 15 minutes  
**Cook:** 15 minutes



**Allergy information:**  
 Eggs, milk



#### Top Tips

Add some cheese and place under the grill for 1-2 minutes golden.

#### 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 milk that is reduced fat (i.e. has a fat content of no more than 1.8g/100g). If using baguette, choose brands with less than 1.0g salt/100g, if using cheese choose hard yellow cheese which has a maximum total fat content of 25g/100g.