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## **Greek Frittata with Mixed Leaves**

Europeans have been enjoying eggs like this for years and it's about time we accepted the joy of the dinner frittata here in Australia. This one is chock full of a laundry list of classic Greek flavours; oregano, Kalamata olives, and fetta cheese. It's a star studded affair! The best part is that this cheeky one pan wonder looks a million times more complicated than it is. Make like a European and relax, while looking oh-so stylish, frittata in hand.



Prep: 10 mins Cook: 25 mins Total: 35 mins



level 1



gluten



one pan wonder

## **Pantry Items**



Milk



Olive Oil



Free-Range Eggs

Lemon



Oregano



Red Onion



Zucchini









Kalamata Olives



Fetta Cheese



Mixed Salad Leaves

2P	4P	Ingredients	
4	8	free-range eggs	#
½ cup	1 cup	milk *	
1/4	1/2	lemon, zested & juiced	<b>#</b>
1 bunch	2 bunches	oregano, leaves picked	
2 tsp	1 tbs	olive oil *	
1/2	1	red onion, finely sliced	<del>(1)</del>
1	2	zucchini, cut into 5 mm thick discs	
¼ cup	½ cup	kalamata olives, halved (check for pits)	
1	2	tomato, sliced	
½ block	1 block	fetta cheese, crumbled	4
1 bag	2 bags	mixed salad leaves, washed	

- May feature in another recipe
- \* Pantry Items

## **Nutrition per serving**

Energy	1720	Kj
Protein	26.1	g
Fat, total	27.9	g
-saturated	9.7	g
Carbohydrate	11.9	g
-sugars	9	g
Sodium	896	mo

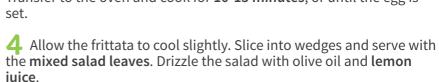
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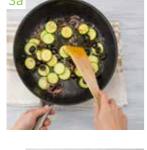
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You will need: chopping board, chef's knife, zester, medium jug or bowl, whisk, medium ovenproof frying pan, and a spatula.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 In a medium jug or bowl, whisk the free-range eggs, milk, lemon zest, oregano, and salt and pepper.
- Heat the **olive oil** in a medium ovenproof frying pan over a medium heat. Add the **red onion** and cook, stirring, for **3 minutes** or until softened. Add the **zucchini** and cook, stirring occasionally, for **3-4 minutes** or until lightly golden and tender. Add the **kalamata olives** to the pan and, using a spatula, evenly distribute the onion, zucchini and olives across the base of the pan. Pour in the egg mixture and top with the slices of **tomato** and the crumbled **fetta cheese**. Transfer to the oven and cook for **10-15 minutes**, or until the egg is









**Did you know?** Olives make an appearance in a 2000-year-old Roman cookbook by Apicius, which is one of the earliest cookbooks ever discovered!