

## Seasonal Mini Frittatas

**Season:** All

**Makes:** 24 small or 12 large individual frittatas

**Fresh from the garden:** eggs, onion, seasonal herbs and vegetables (see suggestions below, or refer to the Seasonal Produce Combinations on page 14)

This recipe shows some options for creating savoury frittatas with seasonal produce – and they're even more delicious if you have chickens and use your own eggs!

### Suggestions by season:

**SPRING:** 5 asparagus stalks, chopped into 2 cm lengths and blanched in boiling water for 2 minutes. Mix with finely chopped mint.

**SUMMER:** 1–2 zucchini, grated, and 1 handful of basil leaves, finely chopped.

**AUTUMN:** 200 g pumpkin, cut into 1 cm cubes and roasted for 15 minutes on an oven tray at 180°C, and a small handful of chives, finely chopped.

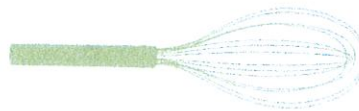
**WINTER:** 2 large silverbeet leaves, stems removed and leaves thinly sliced. Sauté in 1 tablespoon of olive oil for 5 minutes. Mix with finely chopped parsley.

### EQUIPMENT

metric measuring scales, jug and cups  
clean tea towel  
chopping board  
cook's knife  
pastry brush  
12- or 24-hole muffin tray  
baking paper or muffin liners (optional)  
large, heavy-based frying pan  
mixing spoon  
2 medium bowls  
whisk  
large jug  
serving platters

### INGREDIENTS

olive oil, for brushing and sautéing  
2 small onions or 1 large onion, peeled and finely chopped  
100 g feta, crumbled  
½ cup seasonal herbs  
1 cup seasonal vegetables  
8 eggs  
100 ml reduced-fat cream  
freshly ground black pepper



### WHAT TO DO

- Preheat the oven to 180°C.
- Prepare all of the ingredients based on the instructions in the ingredients list and in the suggestions by season.
- Brush the holes of the muffin tray with a little olive oil (or line them with squares of baking paper or the muffin liners).
- Add 1 teaspoon of olive oil to a frying pan, and lightly sauté the onion until translucent (3–4 minutes).
- Combine the onion with the feta, seasonal herbs and vegetables in a medium bowl.
- Whisk the eggs in the other bowl and add the fat-reduced cream.



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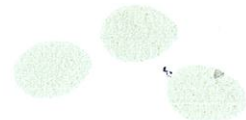
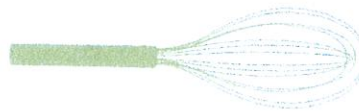
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