

individual zucchini and basil frittatas

*double
recipe*

2 tablespoon dry breadcrumbs
2 tablespoon e v olive oil
2 large garlic cloves crushed
500g zucchini sliced into thin rounds
8 free range eggs *12 if small eggs*
¼ cup firmly packed shredded basil and chopped chives
100g fontina cheese cut into small chunks
1 cup plain flour

Method preheat oven to 180 degrees Celsius

Grease muffin pans coat with breadcrumbs then shake out excess

Place olive oil and garlic in a frying pan over medium low heat and cook for 2 minutes until it starts to sizzle, increase the heat to medium and in 2 batches cook the zucchinis for 5 minutes or until cooked and golden.
Set zucchini aside

In a large bowl whisk eggs, sea salt, pepper, and basil until combined.

Stir in cheese, then whisk in flour until all combined.

Add the fried zucchinis leaving one for each muffin top

Stir all together. Place mixture in patty pans and bake for 20 minutes or until firm.

Remove from oven and serve warm

recipe from Belinda Jeffrey's food and friends

