Rainbow Chard Frittata

Ingredients

3 cups rainbow chard and spinach, washed well.

3 Tbsp Olive Oil (plus 2 tsp)

1 onion, finely diced

4 cloves garlic, minced

1 tsp sea salt

12 eggs

½ tsp black pepper

Pinch cayenne pepper

½ cup feta cheese, crumbled

½ cup (50g) tasty cheese, grated

Method

Pre heat oven 200oC

Remove the chard stalks and cut into small pieces. Coarsely chop the leaves.

Heat 1 Tbsp oil in a frypan. Add the onion and chard stalks and sauté for 5 mins. Add the garlic and cook for a further 4-5 mins

Stir in the leaves. Season with salt and cook until leaves are wilted and tender (about 5 mins).

Remove from the frypan and let cool

Crack the eggs into a mixing bowl, add 2 tsp oil and a pinch of salt, a sprinkle of cracked black pepper and pinch of cayenne pepper. With a fork beat lightly and stir in the cheeses and the wilted vegetables.

Line a baking tray (5cm deep) with a little oil and layers of baking paper so they reach up the sides of the tray.

Pour the mixture into the tray and bake for 20-25 mins or until it is golden brown on top and no longer wobbly in the middle.

Cool in the tray then remove onto a cutting board

Cut into 30 pieces and serve.