

RECIPE

zucchini frittata

* cook in 2 baking dishes so it will cook faster

INGREDIENTS

- 1 nutmeg grated.
- 1 tub caramelized onions
- 2 cloves of garlic.
- 8 large eggs / 12 small.
- leaves from thyme
- zest of 2 lemons.
- 1/2 cup of milk.
- sea salt and ground pepper.
- bunch of dill, chives chopped.
- 200 g tasty cheese grated.

PREP TIME

SERVES

TEMPERATURE

- ☐ WEEKNIGHT MEAL
- ☐ DINNER PARTY
- ☐ DELICIOUS BREAKFAST
- ☐ PERFECT FOR LUNCH
- ☐ SLOW COOKING
- ☐

METHOD

1. Preheat oven to 180 degrees celsius
2. Slice zucchini into thin slices
3. In a large fry pan add a knob of herb butter, add the zucchini and cook until browned, adding the garlic half way through.
4. In a large bowl whisk the eggs then add your herbs, lemon zest and milk. Season with salt and pepper, mix onions + zucchini
5. In a large greased baking dish place your bowl ingredients, then top with cheese. Cook until set.