

Pea Frittata



Serves 4-6



45 minutes



Spring



Pea



INGREDIENTS:

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 garlic clove, crushed or finely chopped
- 1 cup fresh peas (or frozen peas, thawed and dried)
- 6 eggs
- 1/4 cup milk (or cream if you want it richer)
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh parsley
- Salt and pepper, to taste
- 1/4 cup crumbled feta cheese
- A bowl of ice water (for cooling the peas)



METHOD:

1. Preheat the oven to 180°C.
2. Lightly grease a baking dish and line it with baking paper. Leave some paper hanging over the edges to help lift the frittata out later.
3. Boil a pot of water with a pinch of salt. Add the peas and cook for 1–2 minutes until they turn bright green. Quickly move the peas into a bowl of ice water to cool them down. After 2 minutes, drain the peas.
4. Mash half of the peas with a fork. Leave the rest whole. Set aside.
5. Heat the olive oil in a pan over medium heat. Add the garlic and cook for 2 minutes. Add the onion and cook for 5–7 minutes until soft and golden.
6. Take the pan off the heat. Add the peas, mint, and parsley. In a large bowl, whisk the eggs, milk, feta, salt, and pepper.
7. Add the pea mixture to the bowl and stir well.
8. Pour the mixture into the baking dish. Bake for 20–25 minutes until the top is golden.
9. Let it cool for a few minutes. Slice and serve warm or at room temperature.

TIPS:

- You can use frozen peas instead of fresh ones. Just thaw them and dry them with a paper towel.
- Store leftovers in the fridge for up to 4–5 days. You can reheat them in the microwave or eat them cold.
- Serve the frittata alongside a fresh salad or some bread to complete the meal

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.