

Simple Mini Frittatas

Ingredients (for frittatas)

- *2 tablespoons of olive oil for cooking
- *1 small onion, peeled and diced
- *8 spinach leaves, stalks removed and leaves finely sliced
- *3 spring onions, white part only chopped finely
- *2 garlic cloves, peeled and finely chopped
- *1 cup of cheddar cheese grated
- *8 eggs, beaten together
- *2 heaped tablespoons of fresh soft herbs, parsley, chives etc. stalks removed, leaves all chopped into very small bite size pieces.
- *A pinch of salt and a pinch of pepper

Method:

1. Preheat oven to 180 degrees celcius. Spray a 12 hole muffin pan very well with spray olive oil.
2. Prepare all ingredients as listed above.
3. In a large 10 inch frypan heat the olive oil over low-medium heat.
4. Saute both types of onion and garlic in the pan for about 5 minutes until they are slightly soft.
5. Season with salt and pepper.
6. Add the spinach and herbs and and cook for 1 minute.
7. In another bowl, whisk together the eggs. Add the onion and herb mixture to the eggs and stir.
8. Fill the muffin tin holes $\frac{3}{4}$ of the way with the mixture. Sprinkle the top with the cheese. Bake in the oven for 10-12 minutes until the eggs are completely set.
9. Remove from the muffin pan and serve warm or cold wih salad and relish. **Serves 12**

