

## Broccoli and Herb Frittata

<p><b>Equipment:</b></p> <p>Bowls – 1 medium, 1 large, 1 small</p> <p>Colander</p> <p>Chopping boards</p> <p>Knives – 1 small, 1 large</p> <p>Peeler</p> <p>Large saucepan</p> <p>Measuring jug, spoons and cups</p> <p>Wooden spoon</p> <p>Whisk</p> <p>2 large frying pans</p> <p>Kitchen paper</p> <p>Egg lifter</p> <p>Large plate for serving</p>	<p><b>Ingredients:</b></p> <p>2 onion</p> <p>4 cloves of garlic</p> <p>2 large head broccoli</p> <p>12 stalks parsley</p> <p>20 chives</p> <p>2 tsp thyme</p> <p>2 tsp. salt</p> <p>8 eggs</p> <p>3/4 cup extra-virgin olive oil</p> <p>Freshly ground black pepper</p> <p>* Makes approx. 24 tastes in the classroom</p>
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### What to do:

1. Set out chopping boards and knives.
2. Peel and finely dice the onions and place in the medium bowl. Peel and finely chop the garlic and add to the onion. Set aside.
3. Cut the broccoli into florets, then peel the stem with the peeler and cut it into 5mm thick pieces.
4. Discard all vegetable scraps into the compost bin.
5. Fill the saucepan with water, add the salt and bring to the boil. Carefully drop the broccoli florets and stem into the water and cook for 5 minutes. Set the colander in the sink, drain the broccoli and transfer it to the large bowl.
6. Rinse fresh herbs, then chop roughly and add to the broccoli bowl.
7. Break the eggs into a separate medium sized bowl, season with salt and pepper and whisk.
8. Pour ¼ cup of the oil into 1 frying pan and place over a medium heat. When hot, add the onion and garlic into the pan and sauté for 5 min. Tip the cooked onion mixture into the bowl with the broccoli & herbs. Mix well.
9. Add the whisked eggs to the vegetable bowl and stir with the wooden spoon. Divide this mixture into two bowls.
10. Wipe out the frying pan with kitchen paper. Add the remaining oil to the two frying pans and place on a high heat. When hot, carefully pour the egg and vegetable mixture into the two pans. It should puff at the edges as soon as it hits the hot frying pan. Reduce the heat to low and cook for 5 min until the bottom is set and golden brown. The top should still be moist.
11. Place the plate on top of the frying pan and quickly flip the pan over so that the unfinished frittata is now on the plate. Slide the frittata back into the frying pan and cook for another 5 min until the bottom is golden brown. Alternatively you could cook the top of the frittata under the oven grill on high for 3-4 minutes. (Check that your frying pan doesn't have plastic handles first!).