

Cheese and Vegetable Fritata

sunflower for greasing + muffin tin

1 egg

50ml/2fl oz milk or cream

handful crumbled feta

freshly ground black pepper

chopped fresh herbs

Mix together

cherry tomatoes (can be left whole or halved)

red pepper, chopped

frozen peas, defrosted

broccoli, chopped into small florets

Place vegetables in tin and pour over egg mixture. Bake.



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