

Curly Kale Frittata

VITACRESSTM

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Cooking time: 25 minutes
Serves 2-4

Ingredients:

120g baby leaf curly kale
50g Gruyère or mature Cheddar
cheese, grated
6 medium eggs
1 onion, sliced
½ red pepper, sliced
1 garlic clove, crushed
1 tbs olive oil
Salt & pepper



Method:

Heat oil in a deep metal handled frying pan, then add the garlic, onion and red pepper. Sauté the vegetables for five minutes until soft and brown. Add the baby leaf curly kale to frying pan and cook for 1–2 minutes until wilted (the volume will reduce dramatically).

Beat the eggs with seasoning in a bowl then pour into the pan. Combine the egg mixture with the vegetables then leave in the pan on a medium heat for 5 minutes without stirring.

Remove from the heat and sprinkle the grated cheese on top. Place under the grill until brown at the edges. Season and serve immediately.