

Kale, leg ham & haloumi frittata



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Preparation 25 mins | Cooking 50 mins | Serves 6

- 2 tbs olive oil
- 1 brown onion, chopped
- 2 garlic cloves, finely chopped
- 150g sliced leg ham, chopped
- 4 cups trimmed and shredded kale (about ½ bunch trimmed kale)
- 10 free range eggs, at room temperature
- ½ cup reduced fat cream
- 100g reduced fat haloumi cheese, coarsely grated
- Sliced tomatoes and baby basil leaves, to serve

STEP 1 Heat oil in a large non-stick frying pan over medium heat. Add onion and garlic and cook, stirring often, for 5 minutes until just tender. Add ham and kale and cook, tossing often, for 5 minutes until almost tender. Cover and cook for 2 minutes until kale wilts. Set aside to cool.

STEP 2 Preheat oven to 180°C/160°C fan-forced. Grease a 6-cup baking dish. Combine eggs and cream in a large bowl. Season well with pepper. Whisk until well combined. Stir cooled kale mixture and haloumi cheese through the egg mixture. Pour into baking pan. Bake for 35-40 minutes or until golden and just set in the centre. Stand for 10 minutes. Slice and serve warm or cold with sliced tomatoes and baby basil leaves.

Good for you... **KALE**

A good source of vitamins, including C and folate (both contribute to normal immune function), E (helps protect cells from damage by free radicals), K (important for normal blood clotting after injury) and beta carotene (converted to vitamin A in the body and necessary for normal vision). Provides iron (needed for red blood cells) and calcium (important for healthy bones).

