

# Spinach, tomato & ricotta frittata

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Preparation 15 mins | Cooking 35 mins | Serves 4

- 8 free-range eggs, at room temperature
- ½ cup cream
- ½ cup grated parmesan + extra to serve
- 1 tbs olive oil
- 2 garlic cloves, finely chopped
- 250g tomato medley, halved lengthways
- 150g baby spinach leaves
- 1 small zucchini, very thinly sliced lengthways into very thin ribbons
- 150g fresh ricotta, crumbled
- Basil leaves, to serve

**STEP 1** Preheat oven to 200°C fan-forced. Combine eggs, cream and parmesan in a large jug. Season with salt and pepper. Whisk until well combined. Set aside.

**STEP 2** Heat oil in a 25cm non-stick ovenproof frying pan over medium heat. Add garlic and tomatoes and cook, stirring, for 2 minutes or until softening. Add spinach and toss until wilted. Pour over the egg mixture and using a spatula, over the heat gently mix to evenly cover the pan base. Remove from heat.

**STEP 3** Loosely arrange zucchini ribbons on top of the egg mixture. Scatter with ricotta. Transfer to the oven and bake for 25-30 minutes until golden and set. Stand for 5 minutes in pan. Scatter with basil leaves, sprinkle with parmesan and serve.

### Good for you... **SPINACH**

*Provides vitamin C and beta carotene (which is converted to vitamin A in the body). These vitamins contribute to the body's immune function. Also a source of vitamin B6 which is needed for normal metabolism of protein and folate, a B vitamin that contributes to reducing tiredness.*

