

Veggie & bacon lunchbox frittatas



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Preparation: about 20 minutes

Cooking: about 30 minutes

Makes: 6

- 1 tbs olive oil
- 2 rashers rindless bacon, chopped
- 1 garlic clove, crushed
- 1 carrot, finely diced
- 1 zucchini, finely diced
- 250g fresh green peas, podded*
- 6 eggs, at room temperature
- 1 cup thickened cream
- 1 cup grated parmesan cheese
- Salt and ground black pepper

* about 3/4 cup peas

1. Heat oil in a large non-stick frying pan over medium heat. Add bacon, garlic, carrot and zucchini and cook, stirring often, for 5 minutes. Stir in peas and cook for 1 minute. Set aside to cool.
2. Preheat oven to 180°C/160°C fan-forced. Line a 6 hole x 3/4 cup Texas muffin pan with muffin non-stick baking papers* or cases.
3. Whisk eggs and cream in a large bowl. Stir in vegetable mixture and 3/4 of the cheese. Season with salt and pepper. Evenly ladle



Zucchini

- Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.
- Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections.

mixture into prepared pan. Sprinkle tops with remaining cheese. Bake for 20 minutes or until puffed and pale golden. Cool in pan for 10 minutes then transfer to a cooling rack. Serve immediately warm or chill and pack into a lunchbox.

*Muffin non-stick baking papers are convenient pan liners available in the home baking section from supermarkets.



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