

Zucchini, basil & parmesan frittata



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Preparation: about 15 minutes

Cooking: about 50 minutes

Serves: 4

1 tbs olive oil

500g zucchinis, thinly sliced

1 garlic clove, crushed

10 eggs, at room temperature

½ cup cream

½ cup freshly-grated parmesan cheese

¼ cup basil leaves, finely chopped

Salt and ground black pepper

Extra basil leaves, to serve

1. Lightly oil a 6-cup (about 6cm deep) baking dish. Preheat oven to 180°C. Heat oil in a frying pan over medium heat. Add zucchini and garlic and cook, stirring often, for 5 minutes until slightly tender. Set aside to slightly cool.
2. Whisk eggs and cream in a large bowl. Stir in cheese and basil. Season with salt and pepper to taste. Stir in cooled zucchini mixture. Pour mixture into prepared dish. Bake for 45–50 minutes until just set in the centre. Sprinkle with basil leaves and serve hot or cold.



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.
- A source of folate, one of the B vitamins that is especially important during pregnancy.