

Broccoli & Roasted Red Pepper Frittata



CALORIES
223 per serving

PROTEINS
17g per serving

FATS
13g per serving

CARBS
6g per serving

INGREDIENTS

- Frylite spray
- chilli flakes a large pinch
- roasted red peppers 4 from a jar.
- sliced Long-stem broccoli 300g, blanched for 3 minutes and drained
- eggs 8, beaten
- milk 4 tbsps
- basil a handful of leaves
- salad to serve

METHOD

1. Heat 4 sprays of oil in an ovenproof frying pan,
2. Add the chilli flakes, peppers and broccoli for a few minutes.
3. Whisk the eggs and milk together, and season well.
4. Add the egg mix, pulling in the sides with a wooden spoon until the edges start to set.
5. Scatter with the basil, and put under a hot grill for 5 minutes until puffed, golden brown and the egg has set.
6. Serve with a salad and sprinkle over some more chilli flakes.

SERVES: 4

PREP TIME:
10 minutes

COOKING TIME:
10 minutes

