



COOKING PASSION SINCE 1877

FRITTANEFF



INGREDIENTS

Topping:

300g cherry tomatoes
on the vine

1 tbsp olive oil

½ tsp salt

½ tsp freshly ground
black pepper

25g bunch basil, leaves only

3 tbsp extra virgin olive oil

20g pea shoots

Frittata:

2 tsp olive oil

200g bunch fine asparagus,
trimmed and halved lengthways

1 small courgette, thinly
sliced on the diagonal

3 spring onions, sliced in half
lengthways and chopped into
3cm pieces

¼ tsp salt

¼ tsp freshly ground black pepper

8 large eggs

100g finely grated parmesan

125g soft goats cheese

PREPARATION

1. Preheat the oven to CircoTherm® intensive 170°C.
 2. Place the tomatoes (still on the vine) on a large, lightly oiled baking tray. Drizzle over the 1 tbsp of olive oil and sprinkle on the salt and pepper. Place in the oven to cook for 15-20 minutes, until the skins of the tomatoes just start to split. Remove from the oven and change the setting of the oven to CircoTherm® (still at 170°C).
 3. Whilst the tomatoes are roasting, make the basil dressing and start on the frittata. Whizz the basil leaves and extra virgin olive oil with a pinch of salt and pepper in a mini chopper until combined, but still with a bit of texture. Set aside.
 4. Make the frittata in a 20cm base diameter non-stick oven proof frying pan. Heat the olive oil over a medium heat. Add the asparagus, courgette slices, spring onion slices and a pinch of the salt and pepper to the pan. Cook gently for 5 minutes, whilst retaining a little crunch. Turn off the heat.
 5. In a jug, whisk together the eggs and parmesan with the remaining salt and pepper. Pour into the pan over the vegetables and give everything a stir. Break the goat's cheese into pieces and dot over the top of the frittata. Place in the oven and cook for 20 minutes.
 6. Remove from the oven and top with the roasted tomatoes, pea shoots and a drizzle of the basil dressing before serving*.
- * If you wish to serve on a plate, take the frittata out of the oven and leave for 5 minutes before loosening and carefully turning out onto a plate. Turn onto the other side using a plate so that it's the same way up as it cooked in the pan. Leave to cool slightly and serve topped with the tomatoes, pea shoots and basil dressing.