

Chicken, Chorizo & Peppers Frittata

What you need?



- 1.1 Dessertspoon of oil
2. 100g Cooked Chicken diced
3. ½ Red Onion (diced small)
4. 2 Medium potato, cooked & diced
5. 100g chorizo
6. 100g Diced peppers
7. 100g Grated red cheddar
8. 1 Teaspoon of nutmeg
9. ½ Teaspoon of salt and pepper
- 10.1 Dessertspoon of honey
11. 10 Eggs
12. 250ml milk

Method:

1. Preheat the oven to 180°C
2. In a pot fry off the onion, chorizo and peppers until soft for 5 mins
3. In a bowl, crack the eggs and beat, add the cream, honey, salt pepper and nutmeg.
4. Pour the onions peppers and chorizo from the pan to an ovenproof dish
5. Add the cooked potato and spread out evenly.
6. Sprinkle the grated cheese on top and give a gentle stir
7. Pour the egg mixture onto the ovenproof dish
8. Bake in the oven for 40-45 mins until the egg mixture is set on top

How long does it take?



- Prep time: 15 mins
- Cook time: 45 mins
- Ideal for breakfast/lunch/post gym snack
- Can be served with bread or side salad
- Serves: 6-8