



The Health & Wellbeing Studio

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Mini Frittata

Frittatas are such a versatile meal. Great for breakfast, lunch or dinner, perfect for picnics and lunchboxes and can be filled with anything that takes your fancy, or whatever leftovers you have in the fridge. This recipe is vegetarian, but leftover roast meats or nitrate-free bacon or ham is a great addition. Based on protein-rich eggs, be creative with your colours to add towards your rainbow a day... think tomatoes, capsicum, spinach. Frittata freezes well, add to your weekly repertoire for adding to school lunches for sustained energy between classes. Get the kids involved in choosing their favourite ingredients to add in.

- Gluten free
- Picnic
- Freezable
- Vegetarian
- Family friendly
- Grain Free
- *Amine*
- Low Oxalate
- Lunch
- Nut Free
- Weight Loss Friendly
- Lactose Free
- Dairy Free Option
- Breakfast
- Cooking with Kids
- GAPS friendly
- Leftovers
- Low FODMAP
- Salicylate
- Lunchbox
- Snack

Preparation time: 20mins

Cooking time: 20mins

Makes: 12

Ingredients

- ½ small leek, washed and sliced
- 1 clove garlic, crushed
- 1 cup mushrooms, sliced
- ½ head broccoli, grated
- 1 red capsicum, deseeded and finely diced
- 12 eggs
- 2 tbsp mixed herbs of your choice (parsley, chives, coriander, sage, oregano, dill, etc)
- ½ cup freshly grated parmesan to top

Instructions:

1. Preheat oven to 180C. Grease a muffin tin with coconut or olive oil.

2. Heat 1 teaspoon olive oil in a pan over medium heat. Add leek and stir until softened.
3. Add garlic and mushrooms to pan and cook, stirring for 5 minutes.
4. Add broccoli and capsicum and stir for a further 2-3 minutes. Remove from the heat and allow to cool.
5. In a separate large bowl, crack in the eggs and whisk until combined.
6. Add the cooled vegetable mix to the eggs and stir to combine.
7. Distribute the mixture between each prepared muffin hole.
8. Sprinkle each frittata with parmesan.
9. Bake for 20 minutes or until cooked through.
10. Freezes well.

Alternatives

Add whatever vegies you have at home such as spinach, grated zucchini, carrot, roast pumpkin, potato, tomato, etc.

Omit the cheese for a dairy free, lactose free option.

Salicylate friendly options, omit the capsicum and broccoli.

For a low amine option, omit the mushrooms and capsicum, swap the broccoli for shaved brussels sprouts. Omit the parmesan, but stir through some cottage cheese into the egg if desired.

For a low FODMAP frittata, omit the mushroom, garlic and onion, swap the broccoli for shaved brussels sprouts.