

CAPSICUM, POTATO AND PARSLEY FRITTATA

Equipment needed –

Measuring jug, whisk, measuring spoons, measuring cups, knives, chopping boards, 2 oven proof frying pans, 3 serving platters, cup and a pair of scissors.

Ingredients from the Garden –

- 2 capsicums
- 9 eggs
- 1 kg of potatoes
- 1 bunch of parsley
- 6 spring onions

Ingredients from the Pantry –

- 3 tablespoons of olive oil
- 1 ½ cups of milk
- ¾ cups of grated cheese

What to do –

1. Grate the cheese and set aside.
2. Finely chop the spring onions and set aside.
3. Cut the capsicums into chunks and set aside.
4. Dice the potatoes and set aside.
5. Pick the parsley leaves, then finely chop using a cup and scissors.
6. Measure out 1 ½ tablespoons of olive oil into each frying pan over a medium heat.
7. Add half of the onions into each pan. Cook for 2-3 minutes or until starting to caramelize.
8. Add the potatoes (half into each pan) and cook for 8-10 minutes, stirring occasionally until tender.
9. Add the capsicum and cook for a further 4 minutes.
10. Meanwhile measure out the milk into a measuring jug.
11. Crack the eggs one at a time into a small bowl, then add one at a time into the jug with the milk. Whisk to combine.
12. Add the finely chopped parsley into jug with the milk and eggs. Season well with salt and pepper, then mix well to combine.
13. Pour the egg mixture evenly over the potato mixture. Reduce the heat and cook for 8-10 minutes until the mixture is almost set.
14. Place the frying pans under a hot grill for 1-2 minutes, until the top is set and golden.
15. Cut into small pieces and divide amongst 3 serving platters to serve.

Serves –

- 28 students.