

## Mini Zucchini Frittata

### Equipment needed –

Chopping board, knives, large bowl, whisk, 2 muffin tins, vegetable peelers, dessert spoons, clean tea towel, scales and 3 platters for serving.

### Ingredients from the Garden –

- 1-2 large zucchinis
- Parsley
- 9 large eggs

### Ingredients from the Pantry –

- 1-2 large zucchinis
- Parsley
- 9 large eggs

### What to do –

1. Preheat oven to 180 °C.
2. Wash and dry zucchinis. Using a vegetable peeler, cut the zucchinis into long, thin ribbons, avoiding the seeds in the centre. Place the seedy cores into the chicken bucket.
3. Rinse the parsley and dry by rolling in a clean tea towel, then finely chop.
4. Weigh the feta cheese. Crumble the feta using clean hands.
5. Spray 2 muffin trays with oil spray.
6. Line the sides of each muffin tray with zucchini ribbons. (Prepare 18 muffin holes)
7. Break the eggs into a large sized bowl, add the milk, season with salt and pepper and whisk.
8. Add the parsley and mix until well combined.
9. Spoon the egg mixture into each cavity (18 in total)
10. Top with the crumbled feta.
11. Place in the oven. Bake for 15-18 minutes
12. Once cooked, remove from oven. Allow to sit and cool for a few minutes before removing from muffin tins. Arrange and present on 2 platters.

### Serves –

- 18 students.