

RED CAPSICUM AND ZUCCHINI FRITTATA

Equipment needed –

Chopping boards, knives, grater, large bowl, frying pan, salad spinner, measuring spoons (tablespoon), whisk

Ingredients from the Garden –

- 1 onion finely diced
- 1 red pepper, sliced into thin strips
- 2 zucchinis, thinly sliced
- 6 eggs
- 1 tablespoon fresh basil, finely chopped

Ingredients from the Pantry –

- 1 tablespoon of olive oil
- ½ cup grated parmesan cheese

What to do –

1. Peel and finely chop the onion and set aside,
2. Wash and cut the capsicum into thin strips.
3. Wash and finely slice the zucchinis.
4. Finely grate the parmesan cheese and set aside.
5. Wash and finely chop the basil and set aside.
6. Measure out the olive oil, and place in a large frying pan over a medium heat. Add the diced onion and cook until soft.
7. Add the red capsicum and zucchini and fry until soft. Remove from the heat and set aside.
8. Preheat the grill to high.
9. Crack the eggs into a large bowl and beat lightly.
10. Add the basil and the parmesan and season well with salt and pepper.
11. Pour the egg mixture into the frying pan and cook over a low heat until three-quarters set, shaking the pan to stop the frittata from sticking.
12. Finish the top of the frittata off under the grill and leave to cool before cutting into wedges to serve. Divide the frittata onto 3 serving platters.

Serves –

- 28 students.