Green Frittata



Ingredients

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| ½ onion | 2 cloves garlic |
| 6 stems of silverbeet or rocket (or a combination of both) | 6 stems of kale |
| 1 teaspoon pink salt | 6 stems parsley |
| 12 eggs | pepper |
| ½ cup olive oil |  |

Method

* Peel and chop the onion and garlic finely. Wash the silverbeet/rocket and kale.
* Remove leaves from the stems and finely shred the leaves.
* Transfer the green vegetables into a large bowl. Remove stems from parsley, chop the parsley leaves and add to the large bowl.
* Into a smaller bowl, crack the eggs and beat with a whisk, adding a pinch of salt and a pinch of pepper. Pour ¼ cup of oil into a 24cm non-stick frying pan and place over medium heat.
* Add the onion and garlic and fry, stirring with a wooden spoon, for 5 minutes. Tip the onion and garlic into the bowl with the green vegetables. Add the whisked eggs and stir well.
* Wipe out the pan with paper towel, then add the remaining ¼ cup oil over a high heat. When the oil is hot, carefully pour the mixture into the pan. The mixture should puff at the edges as soon as it hits the pan.
* **Reduce heat to low** and cook for 5 minutes or until the bottom is golden brown (use an egg lifter to check). The top should still be moist.
* Using a round pizza tray slightly larger than the pan, sit it on top of the pan, then carefully tip the pan over to invert the frittata onto the plate.
* Carefully slide the frittata back into the pan so that the cooked side is facing up. Cook for another 5 minutes, or until the bottom is golden
* Cut into enough squares for the class to taste and serve.