



**Bok Choy Frittata**

Season:  All Serves: 2 frittatas (32 tastes)

Difficulty: Easy From the garden: Bok Choy, Seasonal Vegetables

Allergy advice: contains eggs, dairy (cream), wheat/soy (ketjap manis)

Take out a spoonful of stir-fry mix prior to adding eggs and dairy, kids can try vegetables with some gluten free oyster sauce drizzled over.

|  |  |
| --- | --- |
| Equipment:* Knives
* Chopping Boards
* Large Frying pan
* bowl
* whisk
* measuring jug
* Wooden spatula
 | Ingredients:* 1 tablespoon oil
* 2 cloves garlic
* 250g garden vegetables – beans, eggplant, capsicum, zucchini etc.
* 1 bunch bok choy
* 1 cup bean sprouts
* 1 cup chopped silverbeet/kale
* 10 eggs
* 1 ½ cups cream
* ketjap manis soy sauce to serve
 |

What to do:

1. Finely chop garlic
2. Chop garden vegetables into small pieces.
3. Chop stems and leaves of Bok Choy.
4. Slice silverbeet and kale stems and leaves finely.
5. Whisk eggs and cream together.
6. Heat Grill to 200 degrees
7. Heat large frying pan with oil, add garlic and garden vegetables, sauté for 3-4 minutes or until onions are soft.
8. Add bok choy, bean sprouts and silverbeet/kale.
9. Heat second frying pan with oil and then divide mixture evenly between 2 frying pans.
10. Pour over egg and cream mix and cook over a medium/low heat until egg begins to set.
11. Finish off cooking of frittata under the grill until golden brown.
12. Flip frittata out and drizzle with ketjap manis.
13. Cut into pieces to serve.