

# Pea and Mint Frittata

## Ingredients

- 200g new potatoes, quartered
- 100g peas
- 50g Broad beans
- 50g Mange tout
- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 6 eggs, beaten
- 40g cheddar grated
- 20g mint shredded

## Method

- Heat the grill to high. Put the potatoes in a pan of cold salted water and bring to the boil. Once boiling, cook for 4-5 mins until nearly tender, then add the peas broad beans and mange tout for a final 1 min. Drain.
- Meanwhile, heat the oil in an ovenproof frying pan and add the onion and mint. Cook for about 8 mins until softened.
- Mix the eggs with half the cheese in a jug and season well. Pour over the onion in the pan, then scatter over the asparagus and potatoes. Top with the remaining cheese and put under the grill for 5 mins or until golden and cooked through. Or place in an oven 160c for 8 minutes

