



# Mushroom & Red Pepper Frittata



Preparation time: 10 minutes

Cooking time: 10-15 minutes

## Ingredients

- 6 x Goldenlay Omega 3 eggs
- 1 tbsp olive oil
- 350g mushrooms, sliced
- 2 red peppers, diced
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 3 tablespoons fresh parsley, chopped
- 50g Cheddar cheese, grated
- Salt and freshly ground black pepper

## Method

1. Heat the oil in a non-stick frying pan, add the onions, garlic, mushrooms and red peppers and sauté for 4 mins. Cover the pan and continue to cook over a low heat for 5 mins until tender.
2. Stir in the parsley, cover again and cook for 1 minute. Uncover and season to taste.
3. Beat the eggs until smooth, add the cheese and pour into the pan. Cook over a low heat for about a minute until the eggs are beginning to set. Then shake the pan to level the surface and cook for a further 4 mins. Pop under a hot grill for a further 2 mins or until the top is set and pale golden. Garnish as necessary and serve in wedges.

*Perfect for breakfast, lunch or tea!*