

# Frittata

Cuisine: **Italian**  
Food category: **Vegetarian dishes**

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## Program steps

Preheating: 180 °C

1

Hot air

100 %

Termination by time

00:15 hh:mm

180 °C

80 %

| Ingredients - number of portions - 1 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| sunflower oil                        | 10    | ml   |
| boiled potatoes chilled and crushed  | 100   | g    |
| asparagus spears, trimmed, chopped   | 2     | pcs  |
| frozen peas                          | 30    | g    |
| mint leaves                          | 5     | pcs  |
| parmesan grated                      | 20    | g    |
| eggs                                 | 2     | pcs  |
| black pepper                         | 1     | g    |

Directions

Grease the GN container with a little sunflower oil.

In a bowl, mix together the asparagus (trimmed,chopped), spring onion (trimmed, chopped) and peas. Stir in the mint leaves(torn) and parmesan(grated) until well combined.

Tip the beaten eggs into the bowl and mix carefully. Season with freshly ground black pepper and mix again.

Spoon the frittata mixture into the prepared GN container.

Place to the oven and bake for 15 minutes on hot air mode at 180°C, or until the eggs have completely set and a skewer inserted into the centre of the frittata comes out clean.

Serve with cherry tomatoes.

## Recommended accessories

Enameled GN container