



Asparagus and New Potato Frittata

Ingredients

200g New Potatoes, quartered

100g Asparagus Tips

1tbspn Olive Oil

1 Onion, finely chopped

Handful of cherry tomatoes

6 Eggs, beaten

40g Cheddar, grated



How to make

1. Heat grill to high
2. Cook potatoes in salted water until tender, add in the Asparagus tips for the last minute of cooking. Drain when cooked
3. Heat oil in an oven proof frying pan and cook the onions and tomatoes until softened, about 8-10 minutes
4. Mix the eggs with half the cheese, season then pour over the onions. Next scatter over the cooked potatoes and Asparagus.
5. Top with the remaining cheese and pop under the grill until golden and cooked through. When cooled slice and serve with a green salad.