

COMPLETE MEAL

Ham and Vegetable Frittata

A tasty substantial omelette with gammon, potatoes and mixed vegetables.

Makes 10 portions (240g/portion)

Ingredients

342g		6 Green Gourmet Cooked Gammon Steaks 57g (GG code – 7756Y)
22g	(2 tbsp)	oil
300g	(2 large)	onions, diced
6g	(2 cloves)	garlic, crushed
80g	(½ medium)	red peppers, diced
720g	(12 medium)	eggs
200ml		milk
3g	(1 tbsp)	mixed herbs to taste
500g		potatoes, pre cooked, diced
300g		sweetcorn, cooked
15g	(5 tbsp)	parsley, fresh, chopped
100g		cheese, grated

Method

1. In a saucepan fry the onion garlic and diced pepper in the oil.
2. Whisk the eggs with the milk in a bowl and add mixed herbs.
3. Dice the Green Gourmet Cooked Gammon Steaks.
4. Place potatoes, sweetcorn, Gammon Steaks and chopped parsley in a greased flan tin 25cm x 35cm (10" x 14"). Pour over the whisked eggs and milk.
5. Sprinkle with grated cheese.
6. Bake in a preheated oven 200°C/400°F/Gas Mark 6 for approximately 30 minutes until set and golden brown.

Serving Suggestions

This is a very good recipe for using up left over vegetables.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
170.2	5.7	1.7	7.4	0.2	0.7
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
9.3	1.0	1.0	70.9	89.7	7.8
Folate (µg)	Sodium (mg)				
33.3	258.5				

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