



Asparagus Frittata

SERVES 4

INGREDIENTS

2 bunches asparagus
8 eggs
3 tbs chopped chives
3 tbs chopped dill
1 tbs olive oil
1 garlic clove, crushed
Salt and pepper, to season

METHOD

1. Bring a large saucepan of water to the boil and cook asparagus until just tender. Cut into 1cm lengths and allow to cool.
2. Preheat grill.
3. In a bowl beat the eggs and herbs with salt and pepper. Stir through the cooled asparagus.
4. Heat the oil in a 22cm non-stick frying pan over medium heat and gently fry the garlic until fragrant. Add the egg mix and cook 5-6 minutes or until the base is set and lightly coloured. Place under the grill until browned on top.
5. Serve with a mixed salad.

