



# Zucchini and Ricotta Frittata

SERVES 4

## INGREDIENTS

4 eggs  
4 egg whites, separated  
2 cloves garlic, crushed  
2 large zucchini, coarsely grated  
200g ricotta cheese, loosely crumbled  
Salt and pepper  
2 teaspoons extra virgin olive oil  
1 punnet cherry tomatoes, halved  
1/2 cup small basil leaves, loosely packed

## METHOD

1. Preheat grill to high.
2. Whisk eggs, egg whites and garlic in a bowl. Gently fold in zucchini and ricotta and season with salt and pepper.
3. Heat oil in a 20cm diameter frying pan (with a metal handle) over medium heat. Pour in the zucchini mixture and cook for 5-6 minutes until just set around the edges but still runny in the middle.
4. Remove from the heat and place under the grill about 6cm from the heat source for 2-3 minutes until golden brown and just set. Remove from the grill.
5. Cut into wedges. Serve 1 wedge for a female and 2 wedges for a male. Serve frittata with cherry tomatoes sprinkled with basil leaves and freshly cracked black pepper.

