




## MEDITERRANEAN FRITTATA



As my clients know, I love making dishes where I can have leftovers for lunch the next day, and this Mediterranean Frittata is the perfect example of this. It's loaded with protein, super easy to make, and, combined with a big ass salad, makes a great leftover lunch meal. The frittata will keep in the fridge for up to 4 days, making it perfect for meal prep.. if it lasts that long! You can enjoy it for breakfast and/or lunch and it can be made in less than 30 minutes.

 5 minutes  
 25 minutes  
 4 portions

## INGREDIENTS

- 8 eggs
- 70 grams of full fat Greek yoghurt
- salt & pepper
- 1 tablespoon of olive oil
- 2 spring onions, sliced
- 30 grams of baby spinach, chopped
- 1 garlic clove, minced
- 80 grams of feta cheese, crumbled, divided
- 4 tablespoons of sun dried tomatoes, divided
- 4 tablespoons of parsley, chopped

## COOKING METHOD

- 1° Preheat the oven to 220°C [Gas Mark 7].
- 2° In a bowl, whisk together the eggs and yoghurt, season with salt and pepper and set aside.
- 3° Heat the olive oil in a large oven proof or cast iron frying pan. Cook the spring onions for 2-3 minutes, until softened. Add the spinach and garlic, and cook for a further 2-3 minutes until the spinach begins to wilt.
- 4° Pour the egg mixture over the cooked vegetables and sprinkle over half the feta cheese and half the sun dried tomatoes.
- 5° Bake in the preheated oven until the centre of the frittata has set, around 10-12 minutes.
- 6° To serve, garnish the frittata with the remaining feta cheese, sun dried tomatoes and freshly chopped parsley.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (160 g)	% DRI
ENERGY	151 kcal	241 kcal	12 %
PROTEIN	12 g	19 g	37 %
CARBOHYDRATE	3 g	5 g	2 %
SUGARS	2 g	3 g	4 %
FAT	11 g	17 g	24 %
FATTY ACIDS, TOTAL SATURATED	4 g	6 g	31 %
FIBER	1 g	1 g	3 %
SODIUM	232 mg	370 mg	15 %