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Frittata



Number of people: 1

Keywords: Vegetarian Main course Spicy Leftover Fast

Season: Winter

Ingredients and quantity:

leftover vegetables

The ratio of eggs and vegetables is 1 egg / 125 g of vegetables.

2 onions

olive oil

Preparation: 15 mins

Difficulty: Easy

- * Chop the leftover vegetables.
- * Beat the eggs and lightly stir in one dessert spoon of cold water per egg.
- * Fry the onion in olive oil.
- * Add the eggs on a fairly high heat.
- * When the eggs begin to thicken, add the vegetables and stir.
- * Cook until the frittata has reached the desired firmness and serve with a salad.