

fuss free flavours

tasty stuff without the fuss



Red Pepper & Chickpea Frittata

Serves 3 - 4

Ingredients

Glug olive oil
½ red pepper, cut into thin strips
1 spring onion, chopped
150g / 6oz / ¾ cup cooked chickpeas (or mix of cooked beans)
5 eggs
2 - 3 egg yolks (or another egg)
Salt & pepper

Method

Add the olive oil to a (20cm / 8") omelette pan and gently fry the peppers and spring onion until soft and starting to turn brown.

Meanwhile whisk the eggs and extra yolks and season with some salt and pepper.

Add the beans to the pan, stir and then pour the egg mixture over. Give the pan a gentle shake, then leave to cook over a low heat for about 5 mins.

When the egg is nearly set put the pan under a hot grill for a few minutes until the top of the frittata is risen (it will look puffy) and is golden.

Flip out onto a plate to serve.

Serving Suggestions

Frittatas are robust and transportable and delicious hot, warm or cold which makes them perfect picnic food. Serve with a salad and crusty bread, or pop into a lunch box. Small pieces make excellent canapés.

Notes

This recipe is very adaptable, use whatever beans, pulses and vegetables you have.