

Leek & Basil Frittata

Basil and leek combine beautifully to make an inexpensive and energy-packed meal. This frittata can also be taken cold to school or work, or on a picnic.

1 tbsp (3 tsp) olive oil
2 leeks, washed and sliced
2 cups small broccoli florets
4 eggs
Pinch sea salt
½ cup low-fat mozzarella or romano cheese, grated
1 zucchini, grated
8 asparagus spears
3 tbsp (4 tsp) fresh basil
2 tbsp (2⅓ tsp) parmesan, shaved (optional)

Options

Tuna, sun-dried tomatoes and feta.
Sweet potato, feta and walnuts.
Pumpkin, sage, broccoli, red onion and pumpkin pepitas.

Preheat the grill on high. In a 24cm (10in) frypan with a heatproof handle, heat oil over low heat and cook leeks until soft and creamy. Blanch broccoli florets briefly, rinse under cold water and drain well. In a medium bowl, whisk eggs and stir in salt, mozzarella, zucchini and broccoli. Once leeks are cooked, increase heat to medium and add egg mix to pan and then arrange asparagus and basil leaves on top. Cook until underside is set and browned. Place frittata under the grill and cook until the top is set and browned. Sprinkle with parmesan, if using.

Serves 4 – 6



This recipe is from *Very Wellness*
by ANTA life member Val Allen.
For more information visit
pnmc.com.au/verywellness.html