

Broccoli and Herb Frittata

Bialik College Kitchen Garden Program



Ingredients:

- ½ onion, thinly sliced
- 2 cloves garlic, minced
- 1 large head Broccoli, cut into florets and stem cut into 5mm thick slices
- 1 teaspoon salt
- 12 stalks parsley
- 10 chives
- 8 sprigs oregano
- 4 eggs
- ½ cup olive oil
- freshly ground pepper

Equipment:

- chopping board
- cook's knife
- peeler
- mixing bowls
- large saucepan
- metric measuring cups and spoons
- wooden spoon
- colander
- salad spinner
- whisk
- large non-stick frypan
- egg lifter
- large plate

Method:

1. Fill the saucepan with water, add salt and bring to the boil. Carefully drop the peeled broccoli stem and florets into the saucepan and stir once with the wooden spoon. Cook for 5 minutes.
2. Set the colander in the sink. ***Tip broccoli and boiling water into the colander.** Transfer broccoli to the large bowl.
3. Rinse the parsley, chives and oregano and spin dry in salad spinner. Chop herbs roughly and add to the bowl with the broccoli.

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4. In a separate bowl, break eggs, season with salt and pepper and whisk.
5. Pour half of the oil into the frying pan and place over medium heat. Add the onion and garlic and sauté, stirring with the wooden spoon, for 5 minutes. Tip the onion and garlic into the large bowl with the broccoli and chopped herbs. Add the whisked eggs and stir well with the wooden spoon.
6. Use paper towel to wipe out the frying pan, then add remaining oil and heat over a high heat. When the oil is hot, carefully pour egg and vegetable mixture into the pan. The mixture should puff and frill at the edges as soon as it hits the hot frying pan. Reduce the heat to low and cook for 5 minutes or until the bottom is set and golden brown – check by lifting the edges with an egg lifter. The top should still be moist.
7. ***Place the plate on top of the pan and quickly flip the pan over so that the unfinished frittata is now on the plate.** Slide the frittata back into the pan with the uncooked side on the bottom. Return the pan to the heat and cook for another 5 minutes or until the bottom is golden brown.
8. Once cooked, slide the frittata onto a chopping board, cut into neat wedges and serve.