

Courgette and Chicken Frittata

Servings: 6

Prep Time: 15min

Cook Time: 15min



Ingredients

- 200g baby marrows, trimmed
- olive oil
- 4 chicken breasts, thinly sliced
- 1 onion, halved and thinly sliced
- $\frac{3}{4}$ jar piquanté peppers, drained and sliced
- 100g feta, diced
- 75g frozen peas, defrosted
- 8 eggs, beaten

Directions

1. Preheat the grill to high.
2. Peel the baby marrows into thin strips using a vegetable peeler. Coat with olive oil and season with salt.
3. Heat a griddle or frying pan until hot, then cook the marrow strips for about 7 mins until softened and golden.
4. Meanwhile, heat some olive oil in a 29cm-diameter frying pan with an oven-proof handle.
5. Cook the onion until softened then add the chicken and sauté on a gentle heat until cooked through.
6. Remove the marrows from the heat and add to the onion and chicken.
7. Scatter the sliced piquanté peppers, feta and peas into the pan.
8. Season the egg mixture well then pour into the pan, tilting to ensure the egg covers the filling.
9. Allow to cook for 3-4 minutes until the egg starts to firm up.
10. Transfer the pan under the hot grill and cook for a further 5 minutes until the egg is firm all the way through.
11. Allow to cool slightly then slide out onto a board.

