

Cocktail Boerewors Frittatas

Servings: 4-6

Prep Time: 15min

Cook Time: 20min



Ingredients

- 1 tbsp. butter
- 2 courgettes; diced
- 1 red pepper; diced
- 4 spring onions; chopped
- 1 clove garlic; crushed
- 1 cup extra-matured Cheddar cheese; grated
- 300 g cooked Boerewors; thick or thin, cut into 12 small pieces
- 8 eggs; beaten
- 1 cup cream
- Salt and pepper
- ¼ tsp. ground nutmeg
- 2 tbsp. fresh parsley; chopped
- 1 punnet cherry tomatoes; halved
- 200 g courgettes; sliced
- Sprigs of fresh rosemary

Directions

1. Preheat the oven to 180 °C. Spray the 12-hole muffin tray with non-stick spray.
2. Melt the butter in a frying pan and cook the diced courgettes, red pepper, spring onions and garlic for a few minutes until wilted.
3. Divide the courgette mixture between the muffin holes and top with a piece of boerewors.
4. Now beat together the eggs and cream and season with the salt, pepper and nutmeg. Stir in the cheese and parsley.
5. Spoon the mixture into the muffin holes and garnish with the tomatoes, courgette slices and sprigs of rosemary.
6. Bake for 15–20 min. or until the frittatas are puffed up and set.
7. Remove from the oven and cool before removing from the muffin tray.