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FOOD
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NEW ZEALAND

DID YOU KNOW

Nearly half the food we throw away could have been eaten. That costs the average Kiwi family over \$560 per year.

FRIDGE HARVEST FRITTATA

A quick and easy recipe to help you use up vegetables.
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FRIDGE HARVEST FRITTATA

SERVES
4

PREP 5 MIN COOK 20 MIN

Suggested ingredients

- 3 cups chopped, **leftover vegetables** (mushrooms, broccoli, potatoes etc.)
- 8 large **eggs**
- 1/2 cup **milk**
- 1/4 tsp **black pepper**
- 1/4 tsp **salt**
- 1/4 tsp **rosemary or thyme**
- 3 **tbsp oil**
- 1/4 cup **diced onion**
- 2 **tbsp cheese** of your choice

Check your fridge for leftover vegetables that you can use up.

Preheat oven to 180°C. Chop all leftover vegetables to similar sizes.

In a small bowl, beat eggs and whisk in milk. Season with herbs, salt and pepper.

Heat oil in a large, oven-proof frying pan; cook onion and other (raw) ingredients until slightly soft. Then add cheese etc.

Pour in the egg mixture, stir and cook on medium heat until the edges peel away. Bake in oven for 15 minutes until set.

TIP You can also add leftover meat.

find more recipes at:

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