

CRISPY SAGE AND MUSHROOM FOLDED FRITTATA



Serves: 1-2 people

Ingredients

- 1 small knob butter
- Small handful fresh sage leaves
- About 1 cup chopped mushrooms
- Small handful shaved ham, roughly chopped
- 3 fresh, free range eggs
- Splash of milk or cream
- Small handful cherry tomatoes
- Small handful baby spinach

Instructions

- In a frying pan, melt the butter on a medium-high heat. Add the sage leaves, and gently move around in the butter until they start to go crispy. Add the mushrooms.
- In a small bowl, gently whisk the eggs and the milk or cream. Season with salt and pepper, and add to the frying pan.
- Move your rubber spatula carefully around the edge of the pan, allowing the frittata to come away from the sides slightly. This helps create an edge.
- Add the spinach and cherry tomatoes and ham, and whatever other vegetables you wish to add.
- Allow to cook for a few minutes, reducing the heat slightly.
- When the egg is cooked in the middle but still soft, flip the frittata slightly and remove from the pan. Serve with salad and relish or chutney. Toast optional. Works well at any time of the day.



Utensils you'll need



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