

CHORIZO & RED PEPPER FRITTATA

(Serves 2 Gluten-Free, Grain-Free)

This delicious one-pan, stove-top frittata is a meal in a pan, with a great balance of proteins, carbs and fats. It will sort you out for breakfast – served solo; lunch – great for the lunch box, just add a serving of slaw; supper – with your choice of a simple tomato, or green leaf salad, or buttered vegetables

What You'll Need:

Extra Virgin Olive Oil: 2 tablespoons

Sweet potato: 1 medium (peeled & coarsely grated)

Chorizo: 8 slices (wheat-free, uncooked is best, small dice)

Red peppers: 6 tablespoons (finely chopped)

Eggs: 5 large (organic, pastured or truly free-range, beaten)

Spring onions: 4 (finely chopped)

Flat-leaf parsley: 2 tablespoons (finely chopped)

Mature Cheddar or Manchego: 100g (finely grated)

Sea salt & ground black pepper: to taste (Maldon or Cornish)

Oregano (dried): ½ tsp (or 1 tsp freshly chopped)

What To Do:

1. In a 20cm (8 in) frying pan, heat the olive oil. Add the sweet potato and cook until just tender. Add the red pepper and cook gently for 5 mins until softened.
2. Add the chorizo and cook until slightly crisp.
3. Beat together the eggs, spring onions, oregano, half the parsley, salt & pepper.
4. Turn down the heat and add the egg mixture to the frying pan.
5. When the mixture has set on the bottom, add the grated cheese and stir gently to incorporate.
6. Cover the pan and cook very gently for about 7 - 10 mins, until the frittata has set all the way through. Reduce the heat to make sure the bottom doesn't burn.
7. When the top is set, sprinkle with the remaining parsley and serve!



Note: *If you want to finish the frittata under the grill: Reserve a tablespoon of grated cheese, and when the bottom and sides of the frittata are set, sprinkle with the cheese and place the fry-pan under a medium-hot grill until set and slightly risen.*