



## Frying pan frittata | Serves 4-6

When it comes to dishes worth mastering the humble Frittata is at the top. They can be whipped up quickly and cheaply, eaten hot or at room temperature. Use Seamus's recipe as a guide to use up any ingredients you happen to have to hand. Eggs and milk are the only essentials.

### Ingredients

Olive Oil  
80g button mushrooms  
50g diced ham  
A mix of diced pepper, onion & cooked new potatoes  
3tbsp of grated cheddar cheese  
6 large eggs  
80ml milk  
Salt and pepper to season

### Method

1. Heat the oil in an ovenproof pan, add in the mushroom, pepper and onion. Sauté for 2 minutes before adding the diced ham and diced cooked new potato.
2. Separately mix the eggs and milk and season with salt and pepper. Add the mixture to the pan and sprinkle with grated cheese. Place the pan in preheated oven at 180°C and cook for approximately 15 minutes until firm.
3. Turn out on to a serving board and serve with mixed salad leaves.



Prepared by  
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# August

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### Handy tip

Keep an eye on use by dates and move all the foods close to the end of their life to the front of your shelves so you won't forget about them.

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