

Leftover vegetable frittatas

Makes 4

4 eggs

80 ml cream or milk

200 g cooked leftover veg, chopped (f.ex. beetroot, carrot, broccoli, potatoes, peas)

100 g cheese ends, chopped or grated (f.ex. gruyère, parmesan, cheddar, feta)

1 tbsp chopped herbs (f.ex. basil, chives)

4 ham slices or tortilla wraps (optional)

Salt & pepper

Preheat the oven to 170°C fan.

Crack the eggs into a jug and whisk with cream or milk. Add the cheese and herbs and season generously with salt and pepper.

Line 4 muffin holes with ham slices (if using) or tortilla wraps* and put some chopped vegetables into each.

Pour the egg mix into each hole, sprinkle with a bit more cheese and bake in the preheated oven for approx. 20 minutes.

Leave to cool a bit and then serve warm or cold.

These keep for 3 days in the fridge.