

# Favourite Fish Frittata

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*This quick and easy dinner meal is really versatile – it’s a great way to use up any ingredients you might have hanging around in the fridge. The fresh fish can be replaced with canned fish, or check out our vegetarian option for a nice variation. Serve with a side salad from our collection (pages 158–187) – best made ahead so that you can serve the frittata as soon as it’s ready.*

|            |            |           |         |
|------------|------------|-----------|---------|
| Serves     | 4          | Per serve |         |
| Prep time  | 10 minutes | Carbs     | 5.8 g   |
| Cook time  | 15 minutes | Protein   | 38.0 g  |
| Difficulty | ● ● ●      | Fat       | 19.9 g  |
|            |            | Energy    | 356 Cal |

## INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely diced
- 6 eggs
- ¼ cup cream
- 2 tomatoes, diced 1–2 cm
- 500 g fish fillets, diced 1–2 cm (optional)
- 1 bag (120 g) baby spinach leaves, roughly chopped
- small handful of chives or 2 spring onions, chopped
- 2 tbsp sour cream
- 2 tbsp almond meal

## VEGETARIAN OPTION

To replace the fish:  
300–400 g paneer

## METHOD

Pre-heat the oven grill to hot.

Heat the oil in a large oven-safe frying pan, preferably non-stick, over a medium heat. When hot, add the onion with a pinch of salt and cook, stirring occasionally, for 3–4 minutes until soft.

Whisk the eggs and cream together and pour into the pan with the onion. Gently stir the egg mix through the onion, then add the tomatoes and fish and cook for 2–3 minutes, stirring occasionally, until the egg begins to scramble. Add the spinach, chives or spring onions and sour cream and stir through.

Sprinkle over the almond meal and transfer the pan to the middle rack of your oven. Grill for 2–3 minutes until the almonds are golden brown and the eggs are just cooked through.

Spoon onto plates to serve, with a side salad alongside.

**Vegetarian option:** Cut the paneer into chunks and use in place of the fish.

