



In the Kitchen with Primary Students

Mini Frittata

FRESH FROM THE GARDEN: Zucchini



Lemons



Blueberries



Tomatoes

Ingredients

- 1 zucchini
- 2 small potatoes grated
- 4 large eggs lightly beaten
- 30ml milk
- 1/4 cup chives chopped
- Salt and pepper
- 50 g feta crumbled

Method

1. Heat oven to 180°C.
2. Slice the zucchini into thin ribbons with a mandolin or potato peeler.
3. Grate potato and squeeze with your hand to remove excess water.
4. Spray a muffin tray with oil spray and line the sides of each one with zucchini ribbons.
5. Mix eggs, potatoes, milk and chives together in a bowl and season with salt and pepper.
6. Spoon egg mixture into each muffin hole, top with feta and place in oven. Bake for 15-18 minutes or until cooked.