

Mini Frittatas

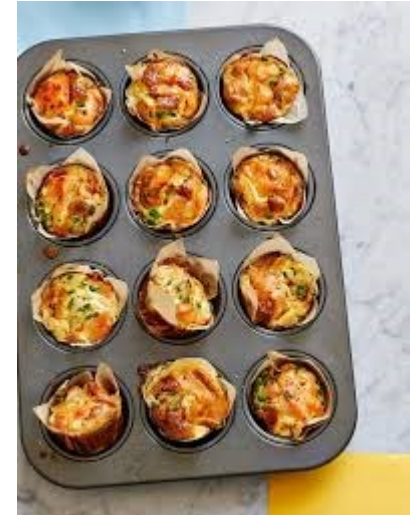
INGREDIENTS:

- 2 new potatoes cooked and diced
- 1 tablespoon sweetcorn
- $\frac{1}{4}$ red pepper diced
- Fresh chives chopped
- 2 large eggs beaten
- 30ml semi-skimmed milk
- $\frac{1}{2}$ teaspoon Worcester sauce
- 15g cheddar cheese finely grated

Makes 3

DIRECTIONS:

1. Preheat the oven to 325° F, Gas mark 4, 170°C and place the muffin moulds on a baking tray.
2. Fry the diced pepper in a little spray oil par boil the potatoes.
3. Add the cooked pepper to a bowl with the potatoes, chives, sweetcorn and mix well. Divide the mixture between the 3 muffin moulds.
4. In a jug beat the eggs with the milk, grated cheese and Worcester sauce. Carefully pour the egg mixture into the moulds until they are $\frac{3}{4}$ full
5. Bake for 20 minutes until puffed, set and golden. Leave to cool for a couple of minutes before loosening with a knife. Serve warm.



Always remember to supervise children during cooking activities

