



## Cheesy leftover frittata

I've grated carrot and then dumped chopped leftover steamed vegetables in here - combined with the chorizo and cream cheese, it makes for a delicious easy meal any time of the day. Serves 4. Per serve: Cal: 298; Fat: 24.9g; Pro: 18.5g; Carbs: 0.5g

**Serves: 4, Prep time: 00:10, Cook time: 00:15**

### Instructions

Preheat oven to 180 degrees. Grease baking dish with coconut oil.

Whizz the eggs with the cream cheese and the grated carrot.

Dice the leftover cooked vegetables and chorizo and layer them evenly across the bottom of the baking dish. Pour the egg mixture over top, making sure the vegetable layer is covered. Sprinkle with grated cheese (can use tasty).

Bake in oven for 12-15 minutes or until golden and fluffy. Take out and serve hot, warm or cold.

### Ingredients

- 6 Eggs
- 125 grams Cream cheese
- 50 grams Chorizo
- 1 Carrot, grated
- 2 cups Vegetables, leftover, assorted (pepper, broccoli etc)
- 1 tablespoon Coconut oil
- 0.5 cups Cheese, Cheddar, grated