



Tomato, pickled onion and goat cheese frittata

Quick and a nice light lunch, with some leftover protein and salad on the side. Serves 4. Per serve:
Cal: 254; Fat: 19.8g; Pro: 14.8g; Carb: 4.4g

Serves: 4, Prep time: 00:10, Cook time: 00:20

Instructions

Preheat oven to 200 degrees C (400 degrees F).

Finely chop garlic, and half the cherry tomatoes. Finely slice the pickled onions.

In a separate bowl whisk together the eggs and cream, and grate in the parmesan cheese. Season with salt and pepper.

On the stove top, heat a non-stick, oven proof fry pan (skillet) and spray with olive oil or coconut oil spray.

Add the garlic cloves, cooking for a minute before adding half of the cherry tomatoes. Season with salt and pepper. Cook for 3-4 minutes until the cherry tomatoes have broken down a little.

Remove from heat and add the egg and cream mixture.

Layer on the pickled onions, remaining cherry tomatoes and the goat cheese.

Place in the oven for 20-25 minutes until the frittata is puffed up and golden brown.

Remove from oven (careful, obviously the handle of the pan will be hot!) and either serve hot or leave to cool.

*I used Delmaine Cherry tomatoes, canned, as they were cheaper and didn't use the liquid, the tomatoes are fairly intact in the can, so use a spoon to get them out of the can fairly gently.

**Can make dairy free by using coconut cream or almond milk instead of the cream, and use nutritional yeast flakes instead of parmesan. Goat cheese for people is generally well tolerated.

Ingredients

- 2 Garlic, cloves
- 400 grams Cherry tomatoes, (I used canned) (14 oz)
- 8 Pickled onions
- 6 Eggs
- 0.25 cups Cream
- 0.25 cups Parmesan cheese
- 75 grams Goat cheese (2.5 oz)