

Asparagus & new potato frittata

Chelsie Collins

Serves 3

Easy

Prep: 10 mins

Cook: 12 mins



A simple, low-calorie spring main that uses the season's finest ingredients and is ready in just 20 minutes

Gluten-free Nut-free Vegetarian

Alternatives

Complete the dish



Ultimate roast potatoes
★★★★★ 376 rating



Fondant potatoes
★★★★☆ 56 ratings



Vegan chickpea curries
★★★★★ 96 ratings



Ingredients

200g
new potatoes
quartered

100g
asparagus
tips

1 tbsp
olive oil

1
onion
finely chopped

6
eggs
beaten

40g

cheddar
grated

rocket
or mixed leaves, to serve

Method

Step 1

Heat the grill to high. Put the potatoes in a pan of cold salted water and bring to the boil. Once boiling, cook for 4-5 mins until nearly tender, then add the asparagus for a final 1 min. Drain.

Step 2

Meanwhile, heat the oil in an ovenproof frying pan and add the onion. Cook for about 8 mins until softened.

Step 3

Mix the eggs with half the cheese in a jug and season well. Pour over the onion in the pan, then scatter over the asparagus and potatoes. Top with the remaining cheese and put under the grill for 5 mins or until golden and cooked through. Cut into wedges and serve from the pan with salad.