

Asparagus & Feta Frittata

Season: Spring/Summer

Serves: 30 tastes in the classroom
or 12 serves at home

Fresh from the garden: asparagus, eggs, onions, thyme

So many cultures have their own versions of egg-based savoury 'cakes'. The Spanish have their 'tortilla', the Arabs have 'eggah' and in Iran similar baked omelettes are known as 'kuku'. In Provence, France, thick omelettes flavoured with different vegetables are sometimes layered and become 'crespèou'.

Note: This recipe can be halved if making a starter or serving a smaller number of people.

Equipment:

metric measuring scales, cups
and spoons
clean tea towel
chopping board
cook's knife
pastry brush
griddle pan
tongs
large bowl
whisk
2 medium-sized heavy-based
frying pans
spatula
serving plates

Ingredients:

olive oil, for brushing and sautéing
2 bunches of asparagus (approx
16 stalks), woody ends snapped off
1 small bunch of thyme, leaves
picked
10 eggs
100 g feta, crumbled
½ cup reduced-fat cream
¼ tsp salt
¼ tsp black pepper
2 onions, finely chopped

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Preheat the grill to high.
3. Heat the griddle pan to a medium heat. Brush each asparagus stem with a little olive oil.
4. Using the tongs, place the asparagus across the griddle lines and cook, turning regularly, until the asparagus is lightly browned. Remove from the heat and set aside.
5. Break the eggs into the large bowl, add the feta and cream, then whisk briefly until combined. Season with the salt and pepper.
6. Heat the two frying pans over a medium heat. Add a small amount of olive oil to each frying pan, then add half of the onion to each pan. Lightly sauté the onion until it becomes translucent, about 5 minutes.



7. Pour half of the egg mixture into each pan and let it cook for a few minutes.
8. Place half of the asparagus in each pan, gently placing the stalks in the egg mixture like rows of soldiers.
9. Sprinkle half of the thyme over each frittata.
10. Cook gently until each frittata begins to pull away from the edge and bottom of each pan, and looks set and golden brown.
11. Put the frittatas under the grill, one at a time and cook until lightly browned.
12. Remove the frittatas from the grill and set aside to cool slightly before sliding them out onto serving plates.
13. Cut the frittatas into wedges and serve.

