



# Mushroom, Potato & Kale Frittata

**Season:** Winter

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

**Fresh from the garden:** eggs, kale, mushrooms, onions, potatoes

**Note:** The method for this recipe halves the mixture and cooks the frittata in two pans to save time.

## EQUIPMENT:

metric measuring cups and spoons  
 tea towel  
 chopping board  
 cook's knife  
 medium saucepan  
 colander  
 large bowl  
 whisk  
 2 medium-sized heavy-based frying pans  
 spatula  
 serving plates

## INGREDIENTS:

3 medium potatoes, cut into 1 cm cubes  
 10 eggs  
 ½ cup milk  
 ¼ tsp salt  
 ¼ tsp black pepper  
 6 tbsp olive oil  
 1 onion, chopped  
 6–10 mushrooms, roughly chopped  
 6 large kale leaves, roughly torn into small pieces.

## WHAT TO DO:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Preheat the grill to high.
3. Put the cubed potatoes in the medium-sized saucepan of water and bring to a boil.
4. Cook the potatoes for 10–15 minutes or until slightly soft. Drain, rinse with cold water and set aside.
5. Break eggs into the large bowl. Add milk, salt and pepper and whisk briefly until combined.
6. Heat the two frying pans over a medium heat.
7. Add 1 tbsp of olive oil to each pan. Divide the onion between both pans and lightly sauté until translucent, about 4 minutes.
8. Add 2 tablespoons of oil to each frying pan and divide the mushrooms between each pan. Fry for about 5 minutes until they start to release some liquid.
9. Divide the potatoes and the kale between each pan. Fry for a further 3–5 minutes until kale is wilted.
10. Pour half the egg mixture into one pan and the rest into the other pan. Cook gently, untouched, until each frittata begins to pull away from the sides of the pan.
11. Place each frittata under the grill and cook until the top puffs up a little and turns lightly brown.
12. Remove and set aside to cool slightly before sliding them out onto serving plates. Cut into wedges to serve.

