

Artichoke Frittata with Cherry Tomatoes



R & J Mazza
GLOBE ARTICHOKES

Ingredients

200g artichoke hearts, chopped,
1 tablespoon extra light cooking oil,
1 brown onion, chopped,
8 cherry tomatoes, halved,
5 eggs,
¼ cup milk,
¼ cup parmesan cheese,
¼ cup fresh parsley, chopped,
Salt & pepper, to taste,
1 tablespoons extra oil



How to Prepare

1. Place oil in frypan and gently sauté artichokes and onion until cooked. Set aside to cool.
2. Lightly beat eggs, milk, salt and pepper. Add cheese and parsley
3. Add artichoke mixture and combine. Heat extra oil in an oven-proof frypan and pour in mixture. Arrange tomato halves on top.
4. Fry on low heat until the base is cooked. Place saucepan under the grill to cook the top section.

Serves 4-6

