



VEGETABLE FRITTATA WITH ASIAGO *FRITTATA CON PATATE, ASPARAGI, VERDURE E ASIAGO*

Containing a variety of vegetables, potatoes and cheese, this frittata is both filling and nutritious. It makes a perfect lunch or light supper and is also great for a packed lunch the following day. Asiago is a classic northern Italian cow's milk cheese made in Trentino-Alto Adige and Veneto, and it melts beautifully. It can be tricky to find, but fontina cheese, or a strong Cheddar, works well too. For maximum flavour, serve at room temperature.

1 Place the potatoes in a medium saucepan. Cover with hot water, add some salt and bring to the boil. Add the asparagus, broccoli and peas and boil for 5 minutes or until just tender. Drain and set aside.

2 Heat the oil in a 24cm heavy-based, non-stick frying pan over a medium heat. Add the spring onions and fry for about 3 minutes, stirring occasionally. Add the drained vegetables and the chives and fry for 2 minutes. Meanwhile, preheat the grill to a medium-high setting.

3 Season the beaten eggs with salt and pepper and pour them over the vegetables. Tilt the pan so the eggs cover the bottom of the pan evenly. Reduce the heat slightly and cook for 6–8 minutes. Do not stir; instead, move the pan around on the flame so the bottom does not burn.

4 Scatter over the Asiago and place the pan under the hot grill for 3–6 minutes or until the frittata is set and golden brown. If your frying pan has a plastic/rubber handle, cover with foil to prevent it from melting.

5 Remove from the grill and leave to rest in the pan for 2–5 minutes then turn out onto a serving plate. Leave to cool then cut into wedges.

Serves 6

400g baby potatoes, scrubbed and quartered
150g fine asparagus spears, woody ends removed and cut diagonally into 3cm lengths
100g broccoli, cut into small florets
100g frozen peas, defrosted
2 tablespoons olive oil
100g spring onions, trimmed and chopped
3 tablespoons chopped fresh chives
9 medium eggs, lightly beaten
100g Asiago cheese, cut into small pieces
Salt and freshly ground black pepper