



LEEK, POTATO & SILVERBEET FRITTATA

Season: Winter / Spring
From the garden: Leek, potatoes, silverbeet, garlic, spring onions / shallots, herbs.
Other optional extras or substitutes: spinach, kale, chard, asparagus, onion
Type: Breakfast, lunch or dinner!
Difficulty: Easy
Serves: One frittata provides 6 adult servings. 2 frittatas provides 30 generous tastes
Source: Adapted from:
<https://www.theroastedroot.net/spinach-leek-and-potato-frittata/>

NB: This recipe has been written for two groups to each make one frittata. Quantities do not need to be adjusted

Equipment

- Potato scrubber
- Chef's knife
- Chopping board
- Measuring cups
- Cast iron skillet or frying pan with oven-proof handle
- Lid for the above
- Measuring spoons
- Garlic press
- Medium bowl
- Whisk
- Grater

Ingredients

- * 3 Tablespoons cooking oil
- * 2 medium potatoes
- * 2-3 small leeks
- * Bunch spring onions/shallots (or 1 peeled onion)
- * 2 cloves of garlic
- * Bunch of silverbeet (or spinach, kale etc)
- * ½ tsp ground cumin
- * ½ tsp curry powder
- * ½ doz eggs (6)
- * ¼ tsp salt
- * Ground pepper to taste
- * ½ C grated cheese or 100g crumbled feta cheese (optional)
- * Small bunch of asparagus spears (optional)
- * Bunches of fresh garden herbs

Method

1. Preheat the oven to 200°C.
2. Scrub and dice potatoes into 1cm cubes (no need to peel potatoes).

3. Heat oil in the frying pan on medium heat.
4. Add the chopped potatoes and sauté, stirring frequently until softened - about 8 minutes (Note: if potatoes begin to stick to the pan, add 1-2 tablespoons of water).
5. Meanwhile, wash the silverbeet (and/or spinach / kale). Finely slice the stems then roughly chop the leaves. Set aside.
6. Wash and finely slice the leeks, using only the white and light green parts. Set aside.
7. Wash and finely slice the onion / shallots. Set aside.
8. Wash and chop any herbs you would like to add. Set aside.
9. Peel and mince the garlic cloves in a garlic press.
10. Add the sliced leek, garlic and onion to the pan. Sauté 3 minutes, stirring frequently.
11. Add the silverbeet (and/or spinach kale, washed and trimmed asparagus etc if using) and cover the pan. Allow to steam cook for about 3 minutes before removing the cover.
12. Meanwhile, in a mixing bowl, whisk together the eggs, curry powder, ground cumin, salt and pepper and cheese (if using). Set aside
13. Stir the chopped herbs into the pan with the fried veggies and mix well.
14. Pour the egg mixture into the frying pan and use a spoon to be sure ingredients are evenly distributed.
15. **(A) Adult assistance required:** Place pan on the center rack of the preheated oven and bake for 20 to 25 minutes, until eggs have cooked through.
16. **(A) Adult assistance required:** Remove from the oven and allow frittata to cool 10 minutes before serving.

Notes:

- **Sauté** is a French word, meaning “to quickly fry in a small amount of oil”. Sauteing the veggies before adding the egg mixture softens them up and brings out their flavour.
- We add the herbs to the pan last, so that they don't overcook and lose their flavour.
- Don't be afraid to use lots of chopped vegetables - they will cook down.

Skills: *Slicing finely, dicing, sautéing, grating, whisking, mincing, stir-frying*