



Fava bean frittata

(serves 2)

A great idea for a shared dish or a family recipe. This Mediterranean inspired dish is packed with healthy protein and flavours.

Ingredients

5 eggs
3 diced spring onions
½ diced red pepper
100g fresh or frozen green fava beans
Pinch of salt and pepper

Method

1. Preheat the oven to 190°C/170°C fan/gas 5.
2. Cook the fava beans following packet instructions.
3. Whisk the eggs in a bowl and stir in the vegetables.
4. Lightly grease a flan or brownie tin and pour in the egg mixture.
5. Cook in the oven for about 20-25 minutes.
6. Alternatively you could cook in a frying pan and finish under the grill.
7. Serve hot or cold.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	420kj 100kcal	9.5g	6.1g	1.7g	2.1g	1.1g	1.7g	0.3g
Per 190g Serving	899kj 215kcal	20.3g	13.1g	3.6g	4.4g	2.4g	3.7g	0.7g