






ROASTED CAPSICUM & HAM FRITTATA WITH AVOCADO & HERB SALAD

 10 minutes
 30 minutes
 2 portions

INGREDIENTS

- 5 large eggs (250 g)
- 70 grams of ham, chopped
- 40 grams of Grated Cheese
- 70 grams of chargrilled capsicum, chopped
- 60 grams of avocados,
- 1 tsp of olive oil (5 g)
- 1 tbsp of parsley, fresh (4 g)
- 1 tbsp chopped of chives, fresh (3 g)

COOKING METHOD

- 1° Whisk eggs and egg whites together. Add ham, capsicum, cheese, and half the chives and stir to combine.
- 2° Spray a small [8 inch diameter] nontick frypan with oil and heat over low heat. Add egg mixture, cover and cook on low heat for 10 minutes or until almost set.
- 3° Meanwhile, combine avocado, remaining chives, and parsley, and season with freshly ground black pepper.
- 4° Preheat grill to high. Grill top of frittata for 5 minutes, or until golden, puffed and set. Cut into wedges and serve with avocado salad.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (251 g)	% DRI
ENERGY	149 kcal	373 kcal	19 %
FAT	11 g	27 g	41 %
FATTY ACIDS, TOTAL SATURATED	4 g	10 g	48 %
CHOLESTEROL	191 mg	479 mg	160 %
SODIUM	218 mg	546 mg	23 %
CARBOHYDRATE	2 g	6 g	2 %
SUGARS	1 g	2 g	—
FIBER	1 g	3 g	11 %
PROTEIN	11 g	28 g	—