

## Healthy Lentil & Fetta Frittata

Prep Time: 10 mins

Cook Time 25

Serves: 4

### Ingredients

#### Frittata

- 8 eggs
- ½ cup low fat milk
- 1 tablespoon extra virgin olive oil
- 1 brown onion, thinly sliced
- 400g can lentils, rinsed, drained
- 310g jar roasted capsicum strips, drained (about 2/3 cup)
- 100g low fat feta, crumbled
- 2 tablespoons chives, chopped, plus extra to serve

#### Tomato Salad

- 4 tomatoes, cut into wedges (use different colours and shapes if available)
- ½ red onion, thinly sliced
- 3 tsp extra virgin olive oil
- 1 tsp balsamic vinegar
- ¼ cup small fresh basil leaves

### Method

#### Frittata

1. Preheat oven to 200°C/180°C fan forced. Crack the eggs into a bowl, add milk and whisk. Season with salt and pepper
2. Heat oil in a 20cm ovenproof frying pan over medium-high heat. Add the onion and cook for 5 minutes or until light golden. Add lentils and capsicum, stir to combine
3. Pour in the egg mixture and scatter with feta and chives. Bake in the oven for around 15-20 minutes or until cooked. Meanwhile, make the tomato salad
4. Remove frittata from oven, leave to cool for 5 minutes before removing from pan. Scatter with extra chives and serve with the tomato salad

#### Tomato Salad

1. Combine tomato and onion in a bowl. Drizzle with oil and vinegar, season with pepper and scatter with basil leaves.



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