One Pan Mushroom & Ham Frittata Recipe

Prep time: 20 mins Cooking time: 20 mins Serves: 6

Ingredients

- 10 eggs
- 200g button mushrooms
- 200g shaved leg ham
- 200g sweet potato
- 100g cherry tomato (chopped)
- Minced garlic
- Chili flakes

Method

1. Preheat oven to 200 degrees
2. Cube sweet potato into 2cm sized pieces and bake in oven for 20 mins
3. Slice mushrooms and sauté in chili and minced garlic. Remove from pan
4. In a mixing bowl, crack all eggs and whisk thoroughly
5. In a deep non-stick pan, generously spray with oil to ensure all sides are covered
6. Combine mushrooms, leg ham, sweet potato & tomato and evenly distribute in to pan
7. Cover in egg mixture and turn the pan on low heat.
8. Place the lid on and leave for 15 mins or until cooked through. Leave to rest for 15 minutes before removing to chopping board.

For more information and our latest offer:
http://www.authenticpt.com.au/offer/