



Incredible Edible Reciplease

The Incredible Edible Stunning Spinach Frittata

This is a great meal for lunch or dinner.

Ingredients

- 2 bunches of English Spinach
- 6 green shallots
- 150g of feta cheese
- ½ cup of cottage cheese
- ½ cup of grated parmesan cheese
- ¼ teaspoon of ground nutmeg
- 4 eggs
- Spray Olive Oil



This is how we do it

1. Preheat the oven to 180°C or 350°F. Spray a 20cm square non-stick cake tin with oil. Line base with baking paper.
2. Chop the stems of the English spinach from below the leaves and discard. Wash the spinach thoroughly. Cook spinach in boiling water for 30 seconds or until just wilted. Drain and set aside, allowing the spinach to cool. Take a handful of spinach and squeeze it to get rid of the excess liquid. Do this until all the spinach has been prepared. Place it on a chopping board and chop the spinach finely. Place the spinach into a medium sized bowl.
3. Chop the six green shallots finely and add to the spinach.
4. In a small bowl, lightly beat the eggs. Crumble the feta cheese and add to the bowl of eggs together with ½ cup of cottage cheese, the grated parmesan cheese and ¼ teaspoon of nutmeg.
5. Add the egg and cheese mixture into the spinach mixture. Stir well. You can do this with your hands or with a spoon.
6. Spread the combined mixture into the cake tin and bake in the preheated oven for about 40 minutes, or until golden brown. If you are using a fan forced oven, bake for about 30 minutes or until golden brown.

Serve with a salad and some crusty brilliant bread!

