

Tex-Mex baked veggie frittata

35 Minutes

Serves 4

Ingredients:

- **spring onions** 4, finely chopped
- **extra virgin olive oil** 1 tbsp, plus extra for the tin
- **spinach** 100g, chopped
- **soft cheese** 3 tbsp
- **eggs** 6
- **cheddar** 50g, finely grated
- **sliced pickled jalapeños** 2 tbsp, drained and chopped
- **roasted red peppers** from a jar, 2, diced
- **coriander** a handful, chopped
- **soft flatbreads** to serve
- **chilli sauce** to serve, (optional)

Method:

Heat the oven to 180C/fan 160C/gas 4. Oil and line a 23cm round cake or deep flan tin with baking paper – scrunch up the paper a few times so it becomes pliable, then push into the bottom of the tin. Fry the spring onion in 1 tbsp olive oil in a small pan until tender. Add the spinach and cook until wilted, turning up the heat to evaporate any excess liquid, then season and cool slightly.

Put the soft cheese in a bowl, beat until soft, then gradually whisk in the eggs, add lots of seasoning, then stir in the spinach mix, cheddar, jalapeños, peppers and coriander. Pour into the lined tin and bake for 12-15 minutes or until puffed, lightly golden and just set.

Serve with flatbreads and chilli sauce, if you like.