

Green Herb Frittata

Serves 4 as part of a mezze



Ingredients (allergens in bold)

- 100g flat leaf parsley
- 100g coriander
- 20g dill
- 30g chives
- 25ml olive oil
- 1 bunch spring onions, washed and sliced thinly
- 1 tsp turmeric
- 4 large free-range eggs
- 1 tbsp **plain flour**
- 1 tbsp **Greek yoghurt**
- 1½ tsp baking powder
- 1 tsp salt and freshly ground black pepper
- 1 tbsp dried barberries or cranberries
- 50g chopped **walnuts**

Method

1. Heat the oven to 180°C Gas 4. Line the tin with baking parchment.
2. Finely chop all the herbs – do this on a chopping board with a large sharp knife or in a measuring jug with kitchen scissors.
3. Put olive oil into the frying pan, warm it up and then fry the herbs & spring onions for 2-3 minutes. Add the turmeric and cook for another 3 minutes then turn off the heat and allow to cool.
4. Crack the eggs into a mixing bowl, beat with a fork then add the flour, yoghurt, baking powder, salt and pepper. Mix well.
5. Add the cooled herbs to the egg mixture along with the dried barberries and chopped walnuts. Mix well.
6. Pour the egg and herb mixture into the lined dish, then bake for 25-35 minutes until set *



Equipment

- set of spoons
- chopping board
- large sharp knife
- measuring jug
- kitchen scissors
- large frying pan
- wooden spatula
- mixing bowl
- fork
- square oven proof tin lined with baking parchment

Recipe notes and tips

- This recipe is popular in Iran for New Year celebrations where it's known as Kuku Sabzi.
- Check if the eggs are cooked* by inserting a knife in the centre. If the knife comes out clean, it's done. If not, put it back in the oven for a few minutes. Cool it down before cutting into small squares