

# Recipe card #1

Broccoli stalks, leftover peas,  
brown herbs and feta cheese  
frittata



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# Broccoli stalks, leftover peas, brown herbs and feta cheese frittata

## Serves 4

200g broccoli stalks, thinly sliced	25ml double cream
100g broccoli florets, finely shredded	1/2 tsp wholegrain mustard
6 free-range eggs	40g feta cheese
150ml milk	Mixed herbs, chopped <i>(mint, basil and parsley work well)</i>
1 garlic clove, finely chopped	50g garden peas, blanched in hot water for 3 minutes
1 tbsp Fairtrade olive oil	Black pepper
1 red onion, finely diced	

Preheat the grill to high.

Whisk the eggs in a large jug, add the double cream and wholegrain mustard, then whisk again.

Simmer the broccoli stalks, onion and garlic in a pan with the milk until softened (approximately 15 minutes), adding more milk if required. Add the broccoli florets and simmer for a further 2 minutes.

Strain out the liquid and add the broccoli, onion and garlic to the egg mixture, along with the feta cheese, peas and herbs, season with salt and pepper to taste, and stir until well combined.

Heat the oil in a frying pan over a medium heat, and pour the mixture into the pan. Cook without stirring for 3-5 minutes, until it starts to brown on the bottom. Put under the grill and cook for a further 3-5 minutes, until cooked through.

Alternatively, you can place the mixture into a small oven dish and bake in the oven at 180°C for 15-20 minutes, until heated through and firm to touch.

Slice the frittata into wedges and serve with lemon dressed rocket and watercress leaves.