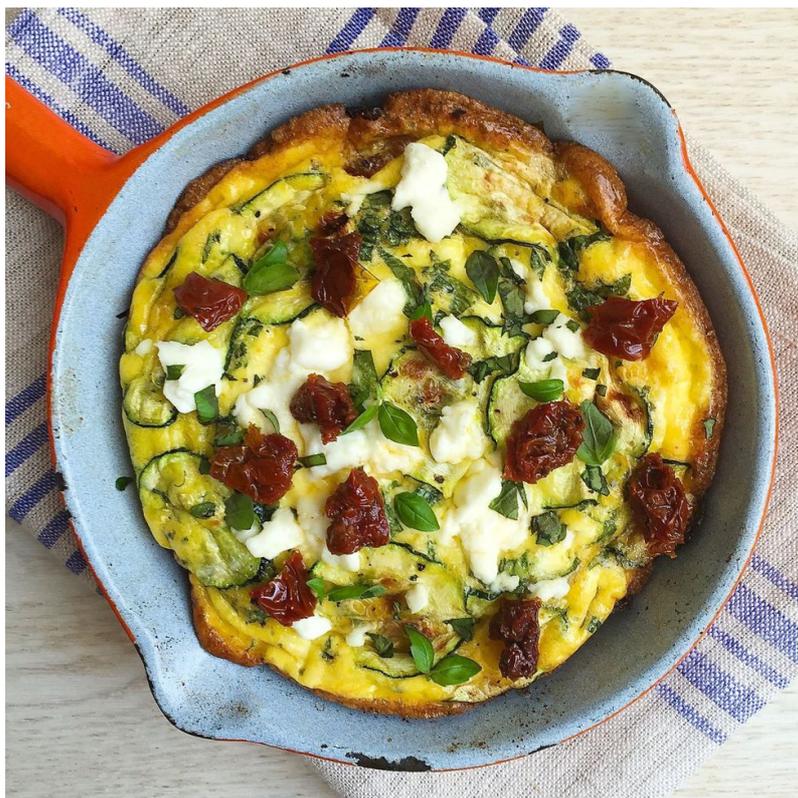


Jason Pettit – Capital Radio Recipe



Easy Mother's Day Breakfast / Brunch Frittata

An easy to prepare recipe to treat the special lady in your life. Perfect for a lazy breakfast / brunch with fresh juice and coffee.

Ingredients

2	each	courgette's	(locally grown, washed)
12	each	eggs', large	
1/2	cup	sour cream	(120gram approx.)
2	Tbsp	cooking oil	
4	each	spring onions	(cleaned & sliced finely)
3/4	cup	feta cheese	(crumbled, approx. 150gram)
3/4	cup	sun dried tomatoes	(drained of oil, chopped)
1	bunch	basil	(picked & roughly chopped)
1	pinch	nutmeg	
		<i>salt & black pepper to taste</i>	

Serve with a side platter of fresh seasonal berries, slices of watermelon, slices of rock melon, sliced apple, fresh pineapple.



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Method

Thinly slice the courgettes lengthways – approx. 4mm.

Brush the slices all over with the oil from the sun-dried tomatoes.

Season lightly with salt.

Pre-heat a heavy bottomed pan / skillet over a medium high heat.

Add a layer of courgettes and cook until softened and starting to colour then flip. Remove from the pan and set aside, repeat until all courgette slices are cooked.

In a large bowl, whisk together the eggs, sour cream, $\frac{3}{4}$ of the chopped basil and lightly season with salt, black pepper, and nutmeg.

Stir in most of the crumbled feta cheese and most of the chopped sun-dried tomatoes – reserve some of both for garnishing.

Return the pan to a medium high heat then add the oil.

Once hot, add the sliced spring onion and sauté until soft but not coloured.

Add the egg mixture, most of the sliced courgette then stir to combine the spring onion then let it cook until the edges begin to brown.

Arrange the remaining courgette slices on top of the frittata, add the remaining crumbled feta cheese.

Place into an oven pre-heated to 190C / 375F and bake until the top is golden, and the centre is set – approx. 12 – 15 minutes.

Prepare the seasonal fruits whilst the frittata is cooking.

Top with the remaining sun-dried tomatoes and chopped basil.

Serve family style from the pan with the seasonal fruit platter.

Notes from the chef:

The courgette can be swapped for mushrooms / asparagus / tender stem broccoli.

If you can only find dried sun-dried tomatoes in the supermarket, warm some vegetable oil and pour over. Allow to soak overnight in an airtight container or jar.

Make sure to use proper Greek Feta cheese – lightly season the eggs with salt as the Feta is also salty.

Feta can be replaced with either cottage cheese (well drained) / goats cheese or stilton.

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Tbsp - tablespoon

Tsp – teaspoon

Notes from the chef for a Vegan Version;

Base recipe to replace egg and cream mix

1 packet silken tofu – drained
¼ cup plant-based milk
2 Tsp corn starch
2 Tbsp nutritional yeast
1 Tsp mustard
1 pinch nutmeg
 salt & pepper to taste

Place all ingredients in a food processor and blend until smooth.

Follow recipe steps above but add all of the tofu to the mix.

Once added to the pan, place directly into the oven and bake for approx. 35 – 45 minutes.

Option to replace feta cheese

1 packet firm tofu – drained, cut into 10mm slices
½ Tsp garlic powder
½ Tsp paprika powder
½ Tsp turmeric powder
1 pinch salt

Lay tofu slices onto a clean tea towel and fold the tea towel over.

Place a chopping board / tray on and add a couple of cans of tinned tomatoes to lightly press the liquid out. Leave for 30 minutes.

Mix the seasonings and then sprinkle over the tofu slices.

Leave to marinade over night or at least a few hours then crumble.

Tbsp - tablespoon

Tsp – teaspoon