



Royal  
Botanic Garden  
Edinburgh

## Botanic Cottage Community Cook Club Late February 2021

A tasty lunch

### Leek, pea and feta frittata



This frittata makes a great lunch and is good hot or cold. The peas and mint in this recipe give it a spring-like flavour, new potatoes are really good in this recipe too if you have them. You can also use this recipe as a base to use up odds and ends of vegetables in your fridge, if you have eggs and potatoes then a frittata is your versatile fridge friend!

#### Ingredients

2 tbsp olive oil

400g potatoes, scrubbed and diced

1 onion, peeled and diced

1 leek, (white and pale green parts only), washed and sliced

100g frozen peas

150g spinach, roughly chopped

6 eggs

120g feta cheese roughly chopped (or use cheddar or mozzarella)

1 tsp dried mint or 1 sprig fresh mint, leaves chopped.

salt and freshly ground black pepper

You will need a large frying pan, a chopping board and knife, a bowl and fork and a spatula or wooden spoon.

Serves 4

## Method

1. Heat 2 tbsp olive oil in a large frying pan. Add the chopped onion and leek and cook for 2 minutes.
2. Add the diced potato and continue to cook, stirring frequently, until the potatoes are tender. If the potatoes are catching in the pan then add a splash of water. This should take around ten minutes depending on how large the potato chunks are.
3. Meanwhile break the eggs into a bowl and whisk with a fork to combine. Season with salt and pepper and add the fresh or dried mint.
4. Add the frozen peas and spinach and cook until the spinach is wilted and the peas are hot.
5. Preheat the grill.
6. Add the beaten eggs to the pan and move everything around a little to make sure the egg is evenly distributed. Cook gently for 3-4 minutes until you can see that the egg is starting to look cooked.
7. Crumble the cheese over the top and transfer to the grill (if your pan has a plastic handle ensure it isn't under the grill!).
8. Cook for about 5 minutes until the frittata is cooked through and the cheese is golden and bubbly.
9. Serve in generous wedges, with a salad if you like.