



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early April 2021

A simple supper

Chard, feta and herb frittata

We've made a frittata before on this blog but I wanted to remind you of what an easy, versatile meal it is. This frittata uses lovely seasonal chard, leeks and herbs paired with lemon and feta.

When you've got the hang of making them- try different combinations. It's a great way to use small amounts of different vegetables or leftover cooked vegetables too.

To make this a more substantial meal I serve this with potato wedges and a salad. Good bread makes a nice accompaniment too.



Ingredients

1 leek
300g chard or spinach
Handful parsley + a little extra to garnish
Small bunch chives
Half a packet of feta (about 100g)
1 lemon
6 eggs
Olive oil, salt and pepper

You will need a frying pan, a chopping board and knife and a spatula.

Makes about 6 large slices

Method

1. First wash and chop the leek. Cut into thin slices. Heat 2 tbsp olive oil and gently cook for 2 minutes.
2. Wash the chard leaves and separate the leaves and the stems. Finely chop the stems and add to the leeks. Keep cooking gently for 3-4 minutes.
3. Wash and roughly chop the parsley. Chop the feta into small cubes.
4. Break 6 eggs into a bowl. Add the parsley and about $\frac{3}{4}$ of the feta as well as some black pepper and a little salt (don't use too much as the feta will be salty).
5. Grate the lemon zest into the eggs.
6. Roughly chop the chard leaves to the pan and cook until wilted and any water has evaporated (if too much you can tip out).
7. Quarter the lemon and squeeze a lemon wedge onto the leaves in the pan. Turn off the heat.
8. Add the hot leaves to the egg mixture and wipe out the pan.
9. Add a drizzle of oil to the pan and heat the grill.
10. Pour the frittata mixture back into the pan and cook for 3 minutes.
11. Top with the remaining feta and then transfer to the grill for 6-8 minutes or until risen, and golden with no liquid egg.
12. Enjoy hot or cold in generous wedges with a side salad. (you can use the remaining lemon to dress the salad with a little olive oil).