

BROCCOLI FRITTATA

1 tablespoon olive oil
2 red onions
1 teaspoon brown sugar
8 eggs, lightly beaten
100 grams blue vein cheese
1 head broccoli, chopped into florets
sea salt and black pepper



Preheat oven to 200 °C.

Line dish with cooking paper. I used one that was 25x20cm, so something around that size.

Slice onion into thin rings. Heat oil and cook onions gently over medium heat until soft and just browned. Add brown sugar and cook for a further minute. Set aside to cool.

Steam broccoli. You may like to slice it further so it lays more evenly in the dish.

Lay half of the steamed broccoli in the bottom of the dish. Crumble half the blue cheese over the top. Lay half the onion mixture over that.

Season the lightly beaten egg with salt and pepper and pour over. Arrange the remaining broccoli, cheese and caramelised onion on the top.

Bake in the oven for 35-40 minutes and enjoy with fresh crusty bread!

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