

## Jersey Royal and asparagus frittata



Simple recipe,  
tasty result

Light and easy

Serves  
**4**

Prep in  
**10**

Cook in  
**25**

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## Jersey Royal and asparagus frittata

**SERVES:** 4

**TAKES:** 10 MINS TO MAKE  
& 25-30 MINS TO COOK

400g Jersey Royals, scrubbed

250g Co-operative asparagus spears, trimmed

6 Co-operative free range eggs

About 2-3 tbsp semi skimmed milk or double cream

1 tbsp olive oil

15g unsalted butter

8 spring onions, trimmed and finely sliced

About 30g finely grated hard cheese, eg Parmesan or Gruyère

**1** Boil the potatoes in a pan for 10-15 minutes, until just cooked. Meanwhile, cut the asparagus spears in half and steam for 5 minutes, or until almost cooked.

**2** Drain the potatoes and slice them thinly. Crack the eggs into a bowl, add the milk or cream and beat together with a fork.



**3** Preheat the grill to high. Heat the oil and butter in a frying pan and gently soften the spring onions. Add the potatoes and fry for a few minutes until just starting to brown.

**4** Add the asparagus then pour over the egg mixture and stir for a minute. Cook for a few more minutes until the bottom half of the frittata has set. Scatter over the cheese and grill for 5 minutes, or until the top half has set and the cheese is golden and bubbling.

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approx. per serving (serves 4)

<b>ENERGY</b> 1210kJ 290kcal 15%	<b>FAT</b> 17.3g MED 25%	<b>SATURATES</b> 6.3g HIGH 32%	<b>SUGARS</b> 3.1g LOW 3%	<b>SALT</b> 0.5g LOW 8%
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% of adult's reference intake

carbohydrates per serving: 16.7g

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