

# Green Frittata

## Ingredients

½ onion  
2 cloves garlic  
6 stems of silverbeet  
6 stems of kale  
1 teaspoon pink salt  
6 stems parsley  
12 eggs  
pepper  
½ cup olive oil

## Method

Peel and chop the onion and garlic finely.  
Wash the greens, then shred finely and transfer the green vegies into a large bowl.  
Trim and chop any herbs and add to the bowl.  
Into a smaller bowl, crack the eggs and beat with a whisk, adding salt and pepper.  
Pour half of the oil into a 24cm non stick frying pan and place over medium heat. Add the onion and garlic and sauté, stirring with a wooden spoon, for 5 minutes.  
Tip the onion and garlic into the bowl with the vegetables. Add the whisked eggs and stir well.

Wipe out the pan with paper towel, then add the remaining oil over a high heat. When the oil is hot, carefully pour the mixture into the pan. The mixture should puff at the edges as soon as it hits the pan. Reduce heat to low and cook for 5 minutes or until the bottom is golden (use an egg lifter to check). The top should still be moist.

Using a plate slightly larger than the pan, sit on top of the frittata, then carefully tip the pan over to invert the frittata onto the plate. Carefully slide the frittata back into the pan so that the cooked side is facing up. Cook for another 5 minutes, or until the bottom is golden.