

PEA, FETA & MINT FRITTINIS

Gluten free and a sneaky vehicle for veg these are brilliant for transporting to a picnic. They also make a great staple for lunch, needing nothing more than a simple green salad to accompany them. You can vary the filling to suit your mood and the seasons; keep the egg and crème fraiche mixture constant, and mix it up with combos such as sundried tomatoes & mozzarella, cheddar cheese and bacon, or smoked salmon & dill.

Makes **12**

Start to Serve **2 hours**

Prep Time **25 minutes**

Cook Time **25 minutes**

Cooling / Setting Time **1 hour**

Difficulty ●●○○○

Ingredients

Soft Butter, *for greasing*

3 Courgettes

4 Eggs

300g Crème Fraiche

Salt & Pepper, *for seasoning*

100g Frozen Peas

85g Feta Cheese, crumbled

2 tablespoons Fresh Mint, finely chopped

Method

1. Preheat your oven to 190c / gas 5.
2. Grease a 12 hole deep muffin tin with butter.
3. Using a Y shaped vegetable peeler, peel the courgettes lengthways –shave off as many long strips from one side of the courgette as you can before turning it over and working from the other side to the core.
4. Use the courgette strips to line the holes of the muffin tin. Use 4 – 6 strips per hole and overlap them to ensure that the lining is complete.
5. Sprinkle all of the frozen peas and two-thirds of the feta cheese and chopped mint into the courgette lined holes, distributing evenly and then set aside whilst you make the filling.
6. In a jug mix whisk together the eggs, crème fraiche and season with salt & pepper.
7. Pour the egg mixture into the courgette cases and then sprinkle over the remaining feta and mint.
8. Place the muffin tin into the oven and bake for 20-25 minutes until the filling is lightly golden and set.
9. Place the tin onto a wire rack and allow to cool before carefully removing the frittinis from the tin, using a palette knife to loosen the edges.

The frittinis can be served cold or warmed up slightly in the oven before serving, be sure to remove them from the tin before warming, as it will be much easier when they are more firmly set.

