

Frittata

Assignment task



Ingredients

Serves 2

2 teaspoons oil

½ onion, diced

2 eggs

½ cup milk

1 kūmara, grated

pinch salt









pepper to taste

parsley to garnish (optional)

Method

1. Preheat oven to 180°C.
2. Heat oil in a frying pan over low heat. Add onion and cook until soft. Set aside to cool.
3. Beat eggs and milk in a large bowl.
4. Add kūmara.
5. Add cooked onions, salt and pepper, mix well.
6. Place in baking dish and bake for 45-60 minutes until the mixture is set and golden brown.
7. Remove from oven. Garnish with parsley (if using) and serve.

Equipment

-  Baking dish
-  Cutting board and knife
-  Egg beater or whisk
-  Frying pan
-  Grater
-  Large bowl
-  Measuring cups
-  Measuring spoons

Preparation and cooking skills

Bake, beat, dice, fry, grate, mix.