



BROCCOLI AND HERB FRITTATA

Recipe source: Stephanie Alexander

Season: Spring

Type: Main Meal

Difficulty: Moderate

Serves: Serves 12 or 24 tastes in the classroom

Fresh from the garden: Broccoli, herbs, eggs

Equipment:	Ingredients:
<ul style="list-style-type: none">• Chopping board• Non-slip mat (for under chopping board)• Knives – 1 small, 1 large• Mixing bowls – 1 small, 1 medium and 1 large• Large saucepan• Measuring spoons and cups• Wooden spoon• Colander• Clean tea towel• Whisk• 2 x large non-stick frypan with lids• Kitchen paper towel• Egg lifter• • Large plate/pizza tray	<ul style="list-style-type: none">1 onion• 4 cloves garlic• 2 large head of broccoli• 2 teaspoons salt• 24 stalks parsley• 20 chives• 8 eggs• Freshly ground black pepper• 1/2 cup extra virgin olive oil

What to do:

1. Fill the saucepan with water, add the salt and bring to the boil.
2. Cut the broccoli into florets. Cut the stem into small pieces/slices and when the water is boiling, **volunteer to place broccoli stems and florets into the boiling water.** Stir once with the wooden spoon. Cook for 5 minutes.

3. While the broccoli is cooking: Peel the onion and cut in half. Place the two halves flat-side down in the chopping board and thinly slice into half-rings. Put the onion in the **small** bowl
4. Peel the garlic, chop and add to the bowl of onions
5. Rinse the parsley, chives and oregano, dry by rolling in the tea towel, chop roughly and place in the **large** mixing bowl.
6. Put the colander in the sink. When broccoli is cooked: **Volunteer to tip the broccoli and boiling water into the colander.** Transfer the broccoli to the large mixing bowl with the herbs.
7. Break the eggs into the medium mixing bowl, season with salt and pepper and whisk.
8. Place ½ the oil into one of the frying pans. Place over medium heat. Add the onion and garlic and sauté for 5 minutes, stirring with the wooden spoon.
9. **Volunteer to tip the onion and garlic into the large bowl** with the broccoli and herbs.
10. Add the whisked eggs to the large mixing bowl with the other ingredients and stir well with the wooden spoon
11. Wipe out the frypan using the kitchen paper towel. Add 1/2 of the left over oil to this frying pan and the remaining ½ to the second frying pan. Heat both over high heat. When the oil is hot, **volunteer carefully pour the egg and vegetable mixture into the pans, trying to pour half in one pan and half in the other.** The mixture should puff and frill at the edges as soon as it hits the hot frying pan. Reduce the heat to low and cook for 5 minutes or until the bottom is set and golden brown – check this by lifting the edges with the egg lifter to see underneath. The top should still be moist.
12. **Volunteer to place the plate/pizza tray on top of the pan and quickly flip the pan over so that the unfinished frittata side is now on the plate. Slide the frittata back into the pan with the uncooked side on the bottom so it will cook/brown.** Return the pan to the heat and cook for another 5 minutes or until the bottom is golden brown. Alternatively, you could cook the top of the frittata by heating the grill to high and sliding the pan underneath for 3 – 4 minutes.
13. Rinse the chopping board, slide the frittata onto the chopping board, cut it into wedges and serve straight away.

Volunteer Notes:

1. You will make 2 frittatas.