

## Broccoli and Herb Frittata

### Ingredients

1 onion

4 cloves garlic

2 heads of broccoli

1 ½ -2 teaspoons salt

20 chives

1 cup of parsley leaves, finely chopped

10 stalks oregano or thyme

12 eggs

½ - 1 cup olive oil

### Method

Cut the broccoli into florets and then put in steamer. Steam until just cooked. Remove from steamer and put aside in a large bowl.

Rinse, and dry the herbs in a clean towel. Remove the leaves from the stalks. Then chop them finely and add to broccoli bowl.

Peel onion and cut in half. Place the halves flat side down and slice onion thinly. Peel garlic and squeeze through a garlic press into a small bowl.

Pour ¼ cup of oil into the electric frypan and sauté onion and garlic until softened. Stir often so it does not stick to the fry pan and burn.

Tip the onion mix into the bowl with the broccoli.

Break the eggs into a bowl and add ½ teaspoon of salt and whisk. Stir the eggs into the other ingredients.

Cooking the Frittata: Add ¼- ½ cup of oil to the frypan and heat over a high heat. When the oil is hot, carefully pour the egg/broccoli mixture evenly into the pan. The mixture should puff and frill as it hits the oil.

Reduce the heat and cook for 5 minutes or until the bottom of the frittata is set and golden. Use an egg flip to divide the frittata into sixths. Flip each sixth over and cook for 5 more minutes or until golden brown.