

Winter Greens Frittata

Brr, did you get snow on Sunday morning? Some of us did, and it was very odd seeing those enormous fat flakes floating down this early in 'Snovember'. We're hoping that there's not much worse to come... Although a proper winter might help with the pesky pest problems and kill them off. Anyway, warm your cockles with this comforting meal: Brussels sprout tops are delicious: they grow at the top of the sprout sticks and taste like a sprouty-cabbage or kale. Serve with nice wintry things like bacon, chestnuts and cheese, and you won't go far wrong. Let us know if you'd like eggs, butter, cheese or bread in your box too (or any of the other ingredients).

Serves 2

- 1 sprout top, or 2 large handfuls kale/cabbage, shredded
- 1 onion, finely sliced
- 2 cloves garlic, crushed
- 1 knob butter
- 6 medium eggs
- 1 thick slice bread, crust removed
- 2 tbsp sage, chopped
- 1 tbsp olive oil
- 150g blue cheese
- handful diced pancetta (optional)
- few slices chilli, deseeded (optional)



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Heat the butter in a frying pan and cook the onion, sprout tops and garlic until soft. Beat the eggs and add the torn up bread and sage; season to taste. Add the greens to the eggs and mix, then add the oil to the pan and pour in half the egg mixture, and crumble the cheese over (add the pancetta and chilli if using); pour the rest of the egg mixture in. Cook over a medium heat for up to 10 minutes, until the frittata is pretty set. Slide it onto a plate or lid, then slide back in the pan upside down; cook for a couple more minutes, until cooked through and golden all over. Serve cut into wedges with a salad.



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