



FRITTATINE WITH RICOTTA

SERVES: 6

TOTAL TIME: 35 MINUTES

V GF

INGREDIENTS

4 eggs

Small handful flatleaf **parsley**, finely chopped, plus extra sprigs to serve

Handful **chives**, finely snipped

1 small **garlic clove**, finely chopped

50g **parmesan**, freshly grated

Olive oil, for frying

For the filling

250g tub **ricotta**

handful **fresh basil**, torn

50g **parmesan**, freshly grated

INSTRUCTIONS

Firstly, beat the eggs with 2 tbsp water and season. Mix in the parsley, chives, garlic and parmesan.

Heat a 23cm heavy-based frying pan on a medium heat with a little oil. Once the oil is hot, add one ladleful (about a third) of the egg mixture and tip the pan so it covers the base. Reduce the heat and cook the omelette until it's just firm, then flip it over and cook the other side. Keep warm while you repeat to make three omelettes in total, adding a little extra oil to the pan each time.

Meanwhile, make the filling by combining the ricotta, basil, parmesan and some pepper. Spread mixture over each omelette, roll up loosely like a cigar and cut into thickish slices.

Serve with a sprinkling of parsley.

MACROS PER PORTION

CALORIES	239	PROTEIN	16
CARBS	1	FATS	19
FIBRE	1		