

ZUCCHINI, ROAST TOMATO AND GOAT CHEESE FRITTATA

(adapted from Lakeland, UK)

12 cherry tomatoes
1 tbsp olive oil
15g butter
1 medium shallot, sliced
1 large zucchini, spiralized
5 eggs
2 tbsp heavy cream
1 tsp herbes de Provence
Salt & freshly ground black pepper
125g goat cheese, crumbled
kalamata olives, pitted and halved, to taste

Heat the oven to 400 F (200 C). Place the cherry tomatoes on a small roasting tray and drizzle over the olive oil. Cook for 10 minutes and set aside.

Meanwhile, melt the butter in a round, non-stick 8-inch pan that can go in the oven, brushing it over the entire base and up the sides to prevent the frittata from sticking. Cook the sliced shallot over a medium heat until softened. Add the spiralized zucchini and cook for 2-3 minutes, until slightly softened.

Whisk the eggs in a pyrex cup, add the herbs the Provence and season with salt and pepper. Add the eggs to the pan with the crumbled cheese, and top with the roasted tomatoes and black kalamata olives.

Cook over a low heat for 10-15 minutes, until the frittata is beginning to set, but the top is still a little runny. Finish off under a hot oven until the top of the frittata acquires a golden color. Leave in the pan for 1-2 minutes before turning out onto a plate and cutting into wedges.