



# Recipe of the Week

## ASPARAGUS & GOATS CHEESE FRITTATA

Serves 4

### Ingredients

750g asparagus, washed and trimmed  
1 tab olive oil  
5-6 spring onions, thinly sliced  
2 cloves garlic, finely chopped  
6 eggs  
½ cup cream  
½ teasp salt  
¼ cup finely chopped basil or mint, or a combination of both  
100g goat's cheese, crumbled  
¼ cup freshly grated parmesan

### Method

1. Cut the asparagus into pieces, blanch in boiling water for 1 minute and drain. Heat oil in an ovenproof frying pan and fry spring onions and garlic until soft. Add asparagus and stir well to combine.
2. Beat eggs with cream then season well. Add herbs to asparagus, the scatter with goats cheese and turn up the heat. Pour the egg mixture on top. When the mixture starts to bubble, turn the heat to low and cook for 10 – 15 minutes or until the centre still has a slight wobble when the pan is gently shaken.
3. Sprinkle parmesan over the pan and put it under a grill for a few minutes to brown and set the top of the frittata. Allow to cool for a few minutes before running a thin spatula around the edge and carefully invert on to a plate, then turn over again to present the browned top.
4. Serve in wedges.