



Frittata with broad beans, mint, peas, goat's cheese, red chili and Parmesan

This Italian style omelette makes a fresh light lunch for a warm spring day.

Serves 4

a handful of shelled peas

a handful of shelled broad beans

1 fresh red chili

6 free-range eggs

salt and freshly ground black pepper

butter

a few sprigs of fresh mint

75g of goat's cheese

a small handful of freshly grated Parmesan cheese

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PROFESSIONAL SERIES

by **TEFAL**

Turn the grill on high and then heat your Tefal frying pan on the hob until the Thermo-Spot turns solid red.

Blanch the peas and broad beans in boiling water for 30 seconds or so and drain through a sieve. Slice the chili in half, remove the seeds and slice into fine strips.

Crack the eggs into a bowl, season them well with salt and freshly ground black pepper and beat them up with a spoon. Melt a little knob of butter in the frying pan and when it sizzles, pour in the eggs. Stir around until you feel the egg start to set at the bottom, and then, right away turn the gas or electricity off so the omelette stays half cooked and quite runny.

Toss the blanched peas and broad beans and the ripped up mint in a little olive oil and lemon juice and scatter them on to the runny egg. Then arrange knobs of goat's cheese all over the top. Sprinkle with the sliced chili, season with more salt and pepper and scatter some grated Parmesan over as well. Now, very carefully, lift the whole pan up and put it on a shelf underneath your preheated grill. After 2 or 3 minutes the cheese will be brown and bubbling and the omelette will be cooked through.