



BASIL FRITTATA

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 30 mins

Serves: 4-6



INGREDIENTS

- 3 tbsp coconut oil
- 4 spring onions
- 1/2 cup basil leaves, chopped
- 1/4 cup parsley, chopped
- 8 eggs
- Salt and pepper to taste
- 1 medium zucchini
- 2 tomatoes, chopped into 1cm pieces
- 4 small button mushrooms sliced thinly (optional)
- 6 bunch asparagus, cut to 2 cm lengths
- 1/2 avocado, cut into strips
- 1/2 tsp tumeric powder
- 1 tbsp water

METHOD

- Pre heat oven to 160'C.
- Heat coconut oil in frying pan, add spring onions and fry for 10 minutes, stir frequently.
- Add zucchini and mushrooms, and cook for 3 minutes while stirring.
- Add asparagus and cook another 1 minute.
- Pour mixture into baking dish (20cmx20cmx5cm) and spread evenly on base.
- Cover with chopped basil and parsley leaves.
- Whisk eggs, tumeric, salt and pepper, together with 1 tbsp water, and pour gently over the top.
- Place tomatoes over evenly.
- Arrange avocado on top .
- Bake in oven for 30 minutes.