



ALLERGIES:

No grains
No dairy
No gluten
No nuts

Prep time: 10 mins

Cook time: 20 mins

Serves: 4-6

INGREDIENTS

- 1-2 tbsp olive oil
- 300g spinach and kale, broken up
- 2 onions, finely sliced
- 500g pkt frozen broad beans
- 10 eggs
- 50g dairy free feta, diced
- 1 handful rocket leaves
- 2 finger limes (or 1 lime)
- 2 asparagus, shaved and trimmed

METHOD

- Preheat oven to 180°C.
- Heat a flameproof, ovenproof dish on medium heat, add spinach and kale, and toss until wilted, press with paper towel to remove liquid.
- Add oil and onion to the frying pan and cook until onion is soft.
- Add $\frac{3}{4}$ broad beans, reserve $\frac{1}{4}$ to garnish,
- Lightly whisk eggs with $\frac{1}{2}$ cup water and $\frac{1}{4}$ tsp salt and pour over mixture.
- Sprinkle with feta, and allow to cook undisturbed for 10 minutes.
- Transfer to oven and bake for a further 10 minutes or until just cooked.
- Stand for 5 mins, then garnish with rocket leaves, asparagus and finger limes.
- If no finger limes, use juice of $\frac{1}{2}$ lime, and zest of full lime.

SPINACH AND BROAD BEAN FRITTATA

