



French Cuisine


MADE SIMPLE

French Foresty Frittata

Frittata forestière

 6-8 people

 10 mins prep time

 35 mins total time

 Easy

INGREDIENTS

Pan

- 1 chopped red onion
- 1 minced garlic clove
- 1 small container (250 g) sliced mushrooms
- salt and pepper

Bowl

- 8 eggs
- $\frac{3}{4}$ cup (50 g) shredded cheese
- 3 heaping tablespoons (50 g) crumbled blue cheese
- 2 cups gently pushed down (80 g) fresh spinach grossly cut
- salt and pepper
- 1 tsp mixed herbs
- optional: pinch of cayenne pepper

Other: butter for the mold if it's not anti-adhesive



DIRECTIONS

1. Preheat the oven to 400 °F (200 °C).
2. Sauté the onions and garlic with oil in a large pan for 3 minutes.
3. Add the rest of the ingredients in Part 1 and cook on low for 5-7 minutes, mixing occasionally.
4. Beat the eggs in a bowl.
5. Put aside some blue cheese, mushrooms, onions, and spinach for the topping for later.
6. Add the remaining “Bowl” ingredients and mix.
7. Add the sautéed pan ingredients to the bowl and mix.
8. Butter a pie mold, or use an anti-adhesive pie mold and gently pour all of the ingredients in it.
9. Sprinkle the top of the omelet with the remaining ingredients that were set aside for the top.
10. Bake for 20-25 mins or until a knife comes out clean from the center.
11. Serve hot or cold and enjoy next to a side salad, or some bread and cheese.
12. This frittata refrigerates well for 5 days or you can put it in the freezer.

Bon Appetit!
Emilie Anne 

