



Cook a yummy frittata

Make lunchtime fun with this delicious dish.

What you need

Serves six

- 6 sausages
- 1 red onion
- Handful of cherry tomatoes
- 1tbsp olive oil
- 100g spinach
- 6 eggs
- Knife and chopping board
- Ovenproof pan or dish
- Handheld whisk
- Bowl



WARNING!
Ask an adult for permission before you start cooking.

As you get ready to head back to school, why not refresh your packed lunch or perk up your picnic with this sausage and spinach frittata? Not only is it delicious, it's also good for you. It contains eggs, which are packed with protein (to help cells, tissues and muscles grow) and spinach, which is full of vitamin C (to boost the immune system – the body's defence against infections). It's also filling so it should keep you feeling full until home time.

Frittatas are a bit like omelettes but the ingredients are mixed in with the eggs. They can be served hot or cold, so they're perfect for packed lunches or picnics. This simple recipe should only take around 45 minutes. If you want to make more, just double the recipe and bake it in a roasting tin; then you can share it with your whole family.

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergies



Instructions

- 1 Heat the oven to 180°C (fan). Get an adult to help you carefully cut the sausage into bite-sized chunks and slice the red onion thickly.
- 2 Put the sausage, red onion and cherry tomatoes into an ovenproof pan or an ovenproof dish and drizzle with the olive oil.
- 3 Cook for 10–15 minutes until almost cooked through and the onion is slightly crisp.
- 4 Turn the oven down to 160°C and scatter the spinach on top.
- 5 Beat the eggs in a bowl with a handheld whisk, then pour it into the pan and return it to the oven for 10–15 mins until golden and almost set.
- 6 Once it's cooked, get an adult to help you take the frittata out of the oven. When cooled, cut into wedges for a picnic.



EGG TIMER
It takes a typical chicken about 24 hours to create and lay an egg.

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SCAN ME