

# Asparagus, Pea & Feta Frittata.

With Fresh Salsa

MAY

In the UK, asparagus has a short growing season. They say it grows best from St George's Day to the summer solstice in mid-June! It loves to grow in sandy soil, so you will notice a lot is grown very locally in Formby.

Our local asparagus is delicious, so you need to incorporate lots of it into your diet over the next few weeks. Here is a lovely spring dish to get you started.

Frittata is an Italian dish that is a cross between an omelette and a crustless quiche. It can be eaten warm or cold.



Serves: 4

Preparation time: 30 mins

Cooking time: 35 Minutes

Easy Recipe



## Ingredients

Note: tbsp = tablespoon tsp = teaspoon

- 1x small Onion finely chopped
- 2 cloves Garlic crushed
- 7 Eggs
- 150ml Milk
- Salt & Pepper
- 1 tbsp Olive oil to fry
- 1 small bunch asparagus
- 150g Petit Pois
- 150g Feta cut into small cubes

### For the Salsa

- 1 Avocado peeled and cut into small cubes
- 1x 30g fresh Coriander roughly chopped
- half a red onion finely diced
- 16 ripe cherry tomatoes chopped in to quarters
- Balsamic vinegar and olive oil to dress the salsa

## Method

1 Pre heat the oven to 210°C

2 Blanch the asparagus and peas for 1-2 minutes maximum so they are only just cooked and still bright green, and then cool down quickly in cold water (this is called 'blanching' the vegetables so they retain their flavour and colour; they should still be slightly crunchy to bite).

3 Fry off the diced onion and garlic in the olive oil until soft.

4 Place the cooked peas and asparagus in the pan. You won't be stirring this again, so make sure they are evenly distributed over the base of your pan. Season well with salt and pepper.

5 Whisk the eggs add the milk and whisk again and pour into the pan slowly.

6 Spread the feta over the top and allow to set for 3 minutes on the hob then transfer to the oven until set and golden brown, this will take 20 to 25 minutes..

### Meanwhile, make the salsa.

1 Finely chop the red onion and mix with the small quarters of cherry tomato and the roughly chopped coriander. Add the cubed avocado and dress with a sprinkle of balsamic and olive oil.

## Aud's Tips ...

If you like a little sharpness to your salsa add a squeeze of lemon or lime juice.

Serve the frittata and salsa with a warmed baguette and you have a super simple and tasty lunch or supper dish.

If you have any asparagus left over serve it on the side to enjoy the flavour.