

Smoked Salmon Frittata



Notes

This easy to cook dish just needs one pan, start on the hob and then finish in the oven. The trick for a perfect frittata is to cook over a medium to low heat and allow the mixture to set slowly without stirring. Stirring once the egg has begun to set will break the mixture apart. Too high a heat will burn the base before the egg is set sufficiently to finish in the oven or under the grill.

10 minutes prep, 30 minutes cooking time.

Serves 4

Ingredients

4 Tbsp Olive Oil
1 Small Onion, chopped finely
125g Smoked Salmon
8 Black Olives, stones removed and chopped
6 Eggs
2 Tbsp Milk
2Tbsp Double Cream
100ml Milk
Salt and pepper to taste

Method

Preheat the oven to 180 C / Gas mark 4.

Heat olive oil in a 20cm (8 in) oven-safe frying pan over medium heat. Add onion, and season with a little salt and pepper. Cook, stirring until translucent. Add the salmon and olives; cook and stir briefly to release the flavours.

In a medium bowl, whisk together the eggs, milk and cream. Pour over the salmon and onion and stir gently. Scatter cubes of cheese over the top. Cook over medium heat without stirring, until the edges appear firm.

Place the frying pan in the preheated oven, and bake for 20 minutes, or until nicely browned and puffed. Turn out onto a serving plate and cut into wedges to serve.

Extra thoughts

Add spinach, dill or watercress with the cheese.

Swap the salmon out to make it vegetarian or add in chorizo if you like it a bit spicy.