MINI BREAKFAST FRITTATAS

Recipe adapted from: Focus on Food’s Cook School recipes

Ingredients

- 160g new potatoes, cooked and diced
- 75g bacon, cooked until crispy and diced
- 60g (2 tbsp) sweetcorn, canned
- 1 tbsp fresh chives, finely chopped
- 250g (5) eggs, beaten
- 60ml semi-skimmed milk
- 30g Reduced-fat mature Cheddar cheese, finely grated
- 5g 1 tsp Worcestershire sauce
- 2g (1 tsp) black pepper

Method

1. Heat the oven to 170°C/325°F/gas mark 3. Place the muffin moulds on a baking tray.
2. Mix the potatoes, bacon, sweetcorn and chives in a bowl. Divide between the 3-4 muffin moulds.
3. In a measuring jug, beat the eggs with the milk, grated cheese, Worcestershire sauce and black pepper.
4. Carefully pour the egg mixture into the moulds until ¾ full.
5. Bake for 20 minutes until puffed, golden and set.
6. Leave to cool for a few minutes before carefully loosening with a knife.
7. Carefully tip out onto a serving plate. Serve warm.

Serving suggestion: serve as main dish with salad and crusty bread.

Number of portions this recipe makes:
- 4 primary servings (150g)
- 3 secondary servings (210g)

Prep: 15 minutes
Cook: 15 minutes

Allergy information:
Barley (gluten), eggs, fish, milk

Top Tips
For a vegetarian version, use tomatoes instead of bacon.

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Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets.

For this recipe: choose bacon with less than 2.88g salt/100g, and lowest in saturated fat where possible, and milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).

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We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education. 
http://www.schoolfoodplan.com/www