



MINI BREAKFAST FRITTATAS

Breakfast / After-School Club: This recipe provides a portion of non-dairy source of protein.

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 (1tsp) 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 $\frac{3}{4}$ 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.

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).