



Kale & Goat's Cheese Frittata

By Katy Gilhooly from Good Food

Preparation and cooking time

- *Prep: 10 mins*
- *Cook: 30 mins*

- *Easy Serves 4*

This filled omelette, with red onions, curly kale and goat's cheese, is vegetarian, gluten-free and quick enough to make midweek

- *Gluten-free*
- *Vegetarian*

Ingredients

- *1 tbsp olive oil*
- *2 red onions, thinly sliced*
- *200g chopped curly kale*
- *2 tbsp balsamic vinegar*
- *8 large eggs, lightly beaten with a little seasoning*
- *100g firm goat's cheese, broken into chunks*

Method

• *STEP 1*

Heat oven to 190C/170C fan/gas 5. Heat the oil in a 25cm ovenproof frying pan. Add the onions and cook for 10-15 mins until soft and caramelised. Add the kale and 1 tbsp water, and cook for 5 mins until the kale has wilted. Pour in the balsamic vinegar and bubble for 1 min, then add the eggs. Give everything a quick stir, then leave undisturbed to cook over a low-medium heat for 5 mins until the egg is nearly set and the frittata is turning golden brown on the bottom.

• *STEP 2*

Scatter the goat's cheese over the top of the frittata. Cook in the oven for 10-15 mins until the cheese is bubbling and the frittata is set in the centre.

Nutrition: per serving

<i>Nutrient</i>	<i>Unit</i>
<i>kcal</i>	<i>316</i>
<i>fat</i>	<i>21g</i>
<i>saturates</i>	<i>8g</i>
<i>carbs</i>	<i>11g</i>
<i>sugars</i>	<i>5g</i>
<i>fibre</i>	<i>1g</i>
<i>protein</i>	<i>21g</i>
<i>salt</i>	<i>0.8g</i>