

Leek, zucchini and cherry tomatoes Frittata

COOKING
LOVERS 

Raciones para 1

5
Eggs
50 ml
35% fat cream
2
Leeks
1
Courgette
8-10
Tomatoes cherries
2
Tomatoes

Extra virgin olive oil

Salt

Pepper
100 g
Grated Grana Padano cheese

Thyme

- 1 Preheat oven to 180 degrees.
- 2 In a suitable oven pan, put a drop of olive oil. When hot, add the chopped leek and sauté until tender. Chop the zucchini into cubes and fry a few minutes
- 3 In a bowl beat eggs, add salt, pepper, grated parmesan and fresh thyme.
- 4 Add the egg to the mixture in the pan. Distributes the egg mixture in the pan along with the tomato cut into slices.
- 5 Cook the egg with vegetables over low heat for 2-3 minutes.
- 6 Enter the pan mix Frittata in the oven and bake 15-20 minutes.
- 7 Check before removing the Frittata that it is ready by pricking the inside with a needle. If not, leave a few more minutes.
- 8 Take out of the oven and serve the Frittata . Sprinkle with grated Grana Padano on top.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/frittata-de-puerros-calabacin-y-tomates-cherry/>

COOKING
LOVERS 