

Mushroom, spinach and sweet potato frittata

COOKING
LOVERS TEKA



Consejo del chef

Garnish with fresh parsley and serve hot to enjoy the melting cheese show.

Raciones para 2

1/2 Red onion

Extra virgin olive oil

1 Sweet potato

100 gr Shiitake mushrooms

100 gr Oyster mushrooms

80 gr Spinach

3 Eggs

120 ml Semi-skimmed milk

Salt and pepper

Thyme

1 Mozzarella

Fresh parsley

1 Dice the onion and stir fry in a large skillet. When the onion is tender, add the peeled sweet potato, diced, and the mushrooms, cut into chunks.

2 Cook all together for 5 more minutes, stirring, and after that, add the spinach. Stir and cook until well-combined, and place the mix in a mould suitable for the oven, previously greased.

3 Mix the eggs, milk, salt, pepper, and thyme in a bowl, and pour it over the vegetables. Finish with mozzarella cheese on top of the frittata and bake at 190 °C for 30 minutes.

Chef's Notes

<https://cookinglovers.teka.com/en/recipe/mushroom-spinach-and-sweet-potato-frittata/>

