

Summer Cherry tomato and chorizo frittata.

Ingredients

- 200g vine-ripened cherry tomatoes.
- 2tsp olive oil
- 2 chorizo sausages, thinly sliced
- 1 red onion, cut into thin wedges.
- 200g cherry tomatoes, halved
- 100g marinated fetta, crumbled
- 8 eggs
- ½ cup thickened cream

Serves 4



HEAL

HEALTHY EASY ACCESSIBLE LOCAL

FOODS

Method

Step 1 – Preheat oven to 200C. Place the vine-ripened tomatoes on a baking tray. Drizzle with oil. Season. Bake for 15mins or until the tomatoes begin to collapse.

Step 2 – Meanwhile, heat a 20cm (base measurement) non-stick ovenproof frying pan over medium heat. Cook the chorizo, in batches, for 1 min each side or until golden brown. Transfer to a plate lined with paper towel.

Step 3 – Add the onion to the pan and cook, stirring, for 2 mins or until

softened slightly. Transfer half the onion to a plate. Arrange half the chorizo over onion in the pan. Top with half the halved tomato and half the fetta. Continue layering with remaining onion, chorizo, halved tomato and fetta.

Step 4 – Preheat grill on medium. Whisk the eggs and cream in a large jug. Season well. Pour over chorizo mixture in pan. Cook over medium heat for 6 mins or until the base is set and golden brown. Cook under grill for 5 mins or until top is golden and egg set. Serve the frittata topped with roast tomatoes.