



PAUL THOMPSON EVENTS

EST. 2011



Local Asparagus, Red Onion & Parmesan Frittata

Ingredients

4 Free range Rymer eggs
Half a red onion, finely sliced
1 bunch of local asparagus

50g grated Parmesan cheese
Salt and pepper

Preparation time 5 mins • Cooking time 20 mins • Serves 3-4 people

Method

Line a pan or dish with a sheet of baking paper.

Hold an asparagus spear at either end and bend until the smaller woody part breaks off. Discard the woody part, keeping the spear to one side and repeat until you have removed all the woody parts from the bunch. Any thicker asparagus spears, slice in half lengthways.

Crack the eggs into a bowl and gently whisk before adding half to the lined pan.

Sprinkle the sliced red onions into the pan, layer the asparagus on top and scatter half the cheese on top of the asparagus. Then pour the remainder of the egg mix into the pan and top with any remaining cheese.

Place the pan into a pre-heated oven (18°C or gas mark 4) and bake for approximately 20 minutes. The frittata will rise, be golden on top and have no wobble when you shake the pan.

Serve with a green salad.