

Salmon Frittata

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes



1 serve per portion

Ingredients

6 eggs

$\frac{3}{4}$ cup milk, reduced fat

200g can salmon chunks in spring water, drained

2 spring onions, finely sliced

1 cup peas, defrosted

1 cup canned corn, drained

120g tasty cheese, reduced fat, grated

1 tablespoon dill, chopped

Cracked pepper, to taste

Method

PREHEAT oven to 190°C. Line a pie dish with baking paper.

BEAT eggs and milk together in a bowl. Add remaining ingredients and mix to combine.

POUR mixture into lined pie dish.

BAKE for 20-25 minutes or until golden and set.

SERVE warm or cold with a side salad.



Everyday Food

Recipe courtesy of Beverley Milligan, Milla Milla Branch