

Save Our Stomachs

MINCE AND SWEET POTATO FRITTATA



Just try this frittata – it's as easy making an omelette and tastes even better. This delicious hot treat is made with Quality Standard beef and will certainly have your mates thinking you are a culinary genius.

This recipe serves 6 people and takes 10 minutes to prepare and 25-30 minutes to cook

Cooking equipment you will need:

- A sharp knife
- A shallow non-stick frying pan
- A chopping board
- A small bowl
- A fork
- A plastic fish slice

Ingredients you will need:

- 30ml olive oil
- 225g sweet, new or salad potatoes
- 450g Quality Standard beef mince
- 2 medium leeks
- 1 small yellow pepper
- 5-10ml cayenne pepper
- Salt and freshly milled black pepper
- Small handful of fresh chives
- 4 large eggs

To prepare your ingredients:

Peel, thinly slice, rinse and dry the potatoes

Finely chop the leeks

Deseed and finely chop the pepper

Finely chop the herbs

Beat the eggs together

Method:

Heat the oil in a large shallow, non-stick frying pan under a moderate heat and fry the potatoes for 5-6 minutes until golden brown.

Reduce the heat and cook for a further 5 minutes until tender, turning occasionally. Remove and drain on absorbent kitchen paper. Remove any excess oil from the pan.

Heat the same pan until hot and cook the mince, leeks and yellow pepper for 5-7 minutes until brown. Add the cayenne pepper, seasoning and herbs. Stir and cook for a further 5 minutes.

Carefully pour over the beaten egg evenly and finish with the sliced potatoes, reduce the heat and cook for a further 5 minutes until the egg is set.

Transfer the pan to a preheated grill (check that your handles are heatproof) and cook until lightly brown and the eggs are set in the middle.

Cut into wedges and serve with a tomato and onion salad.

Tip:

If preferred replace with potatoes of your choice.

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