



MUSHROOM, LEEK AND TOMATO FRITTATA



By Irish Yogurts Clonakilty

Mushroom, Leek and Tomato Frittata

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Method

- Pre heat the oven to 180°C fan.
- Add 2 Tablespoons olive oil to an oven safe skillet
- Over medium high heat, heat the oil until it just begins to shimmer
- 4. Add the leeks, tomatoes and the mushroom and sauté for 5 minutes or until the mushrooms and leeks are tender
- While the vegetables are cooking, combine the eggs and yogurt in a bowl
- Add 1 teaspoon salt and ½ teaspoon pepper. Whisk
- Pour the egg/yogurt mixture into the skillet
- Cook over medium high heat for 3 minutes, until the eggs just begin to set at the edges
- Carefully place skillet in the oven
- Bake for 20 - 25 minutes or until the eggs are set and top is golden brown
- Remove from oven and let rest for 5 minutes
- Slice and serve

Ingredients

- 2 Tablespoons olive oil
- 100g sliced mushrooms
- 150g sliced leeks
- 50g chopped cherry tomatoes
- 6 eggs
- 130g [Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low](#)



Fat Greek Style Natural Live Yogurt

- 1 teaspoon salt
- ½ teaspoon pepper
- 1 Tablespoon minced fresh parsley

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