



BLACKPUDDING AND SPINACH FRITTATA



By Irish Yogurts Clonakilty

BlackPudding and Spinach Frittata

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Method

- Preheat the oven to 200 degrees fan
- Add 2 tbsp of olive oil to an oven safe skillet
- Over medium to high heat
- Heat the Oil
- Add 1 Onion and saute until soft
- Add 250g of crumbled Black Pudding and cook for 3 minutes
- Add a large handful of baby spinach
- While the onion and Black Pudding is cooking, Whisk 6 Large Eggs and 3 tbsp of yogurt or kefir and season with salt and pepper
- Then pour the eggs and yogurt mixture covering the Onion, Black Pudding and Spinach
- Add 150g of crumbled Goats Cheese
- Sprinkle 2 tbsp of chopped Parsley
- Carefully place skillet in the oven
- Bake at 200 degrees for 25 minutes until the eggs are set and the top is golden brown
- Remove from oven and Serve

Ingredients

- 2 tbsp of Olive Oil
- 1 Onion roughly chopped
- 6 Large Eggs
- Salt and Pepper to season
- 250g of crumbled Blackpudding
- Large handful of Baby Spinach
- 150g of Goats Cheese
- 2 tbsp of Chopped Parsley



CLONAKILTY

- 3 tbsp of Irish Yogurts Clonakilty Low Fat Greek Style Live Yogurt
- or 3 tbsp of Irish Yogurts Clonakilty Kefir Natural

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