

Sabrina   
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# Persian herb frittata



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Serves 4 | Vegetarian

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## INGREDIENTS:

40g walnut pieces	2g ground turmeric
8 x medium free-range eggs	16g fresh parsley, finely chopped
80g Greek yoghurt	16g fresh coriander, finely chopped
4g sea salt	16g fresh dill, finely chopped
2g ground black pepper	16g fresh chives, finely chopped
20g olive oil	
80g spring onions, peeled, finely sliced	

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## METHOD:

1. Preheat oven to 180°C.
2. Lightly toast the walnuts in the oven for 3-4 min. Leave to cool.
3. Crack the eggs into a bowl, mix well with the yoghurt and season with salt and pepper.
4. In a large frying pan add oil and fry off the spring onions for 2 mins, add the turmeric, cook again for 2 minutes then finally add all the herbs and some seasoning.
5. Add the egg mix to the pan and leave for 2 mins for the egg to start to cook on the bottom. Scatter in the walnuts and place the oven.
6. Cook for 20 mins. Make sure the core temperature reaches 75°C with the middle cooked through.
7. Remove from the oven and allow to rest for a couple of minutes before turning out onto a plate or board.