

LOCAL ASPARAGUS FRITTATA WITH CORNISH GOUDA

A quick tasty dish using fresh local ingredients all available at Johns!

Serves 2-3

Ingredients

- 6 large Blackdog free range eggs
- 2 tbs West country double cream
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 1 tbs olive oil
- 15g butter
- 1 pack Braunton asparagus, trimmed & cut into 1cm pieces
- 1 Nutbourne tomato, seeded & diced
- 85g Cornish Gouda cheese, diced

Serve with: Boiled Cornish new potatoes and/or a fresh salad

Cooking Instructions

- Pre-heat the grill.
- Using a fork, whisk the eggs, cream, salt & pepper in a bowl.
- Heat the oil & butter in a medium-large frying pan (that will fit under your grill!)
- Add the asparagus & sauté until nearly tender – approx 2 mins over a medium heat.
- Add the tomato and a pinch of salt. Sauté for a further 2 mins.
- Raise heat to medium/high, pour the egg mixture over the veg & cook for a few minutes until the egg starts to set. Sprinkle in the cheese.
- Place the pan under the grill, taking care to protect the handle from direct heat. Cook until the top is set and golden brown, about 5 minutes.
- Let the frittata stand for 2 minutes, then slide it onto a plate to serve with your chosen accompaniments! Easy!