

Maggie Beer's
BIG MISSION

SPINACH FRITTATA

A quick and easy recipe that gives colour and flavour and can be easily texture modified.

If texture modification is required always use your training and understanding of the IDDSI framework to modify according to level requirements. Test all texture modified foods and drinks, using standard IDDSI testing methods, to check they meet requirements for each level - <https://iddsi.org/Testing-Methods>

PREP TIME: 30 minutes
COOKING TIME: 1 hour
SKILL LEVEL: Low

INGREDIENTS

10 SERVES	120 SERVES	
230g	2.7kg	Eggs
165ml	2L	Cream
125g	1.5kg	Spinach frozen, defrosted, excess water squeezed
85g	1kg	Onion, diced
15g	165g	Butter, salted or unsalted
5ml	80ml	Extra virgin olive oil
15g	165g	Parmesan, finely grated
60g	690g	Ricotta cheese
Pinch	3g	Pepper white
1.5g	15g	Salt
15ml	200ml	Lemon juice

METHOD

1. Pre-heat oven to 140°C.
2. Grease and line trays with baking paper.
3. Over a medium heat, melt butter in a large frying pan.
4. When butter begins to bubble and turn nut brown add extra virgin olive oil then add the onions and cook until soft. Allow to cool to room temperature.
5. Crack the eggs into a container, add the cream then blend with a stick blender. Put the egg mix through a sieve to remove any eggshells that may be



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present. Then whisk in the ricotta cheese and parmesan, season with salt and pepper and set aside.

6. Check that there is no moisture left in the squeezed spinach and add to the cooled onions.
7. Place onion and spinach into a food processor with the lemon juice and blitz until smooth.
8. Divide the egg mix between the two lined trays, then swirl in the spinach mix giving it a ripple effect to the egg mixture.
9. Place in the oven to bake for 50 minutes (timing dependent on the depth of the frittata and the cooking tray). Turn the tray around halfway for even colour.
10. Remove from the oven. Let it cool somewhat before cutting.
11. Serve warm.

TIPS

- Grease the baking paper to prevent the egg from sticking – makes for much easier removal.
- Lemon helps retain the green of the spinach.
- For every 6 eggs – ½ cup cream or yoghurt and 1 cup of cheese and 2 cups vegetables.
- For commercial cooking you may place in a blast chiller to cool down. You can place the portioned frittata in a hot box for 30 minutes to warm up before serving.

NUTRITIONAL INFORMATION Serving Size 50 g

	Per serving (50g)	Per quantity (100g)
Energy	526kj	1053kj
Protein	5g	10g
Carbohydrate total	3g	6g
Sodium	148mg	296mg

