

Eggs make a meal out of anything : Fast food. And good for you : courgette frittata / British Egg Information Service.

Contributors

British Egg Information Service.

Publication/Creation

London : British Egg Information Service, [2003]

Persistent URL

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Eggs

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Make a meal out of anything



Fast food.
And good for you.



Courgette Frittata



Preparation time: 5 minutes

Cooking time: 9 minutes

Serves 4

Ingredients

30ml/2 tbsp vegetable oil

1 onion, sliced

2 courgettes, finely sliced

6 Lion Quality eggs

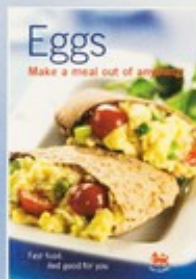
75g/3oz Cheddar cheese, grated

Method

Heat the oil in a frying pan, add onions fry for 2 minutes until soft. Add courgettes and fry for 4 minutes until golden. Beat eggs with salt and freshly ground black pepper. Pour eggs into pan; cook, stirring until egg has lightly set. Shake pan to level surface; cook for 1 minute. Sprinkle on cheese and cook under hot grill for 2 minutes until golden brown and bubbling. Serve warm in wedges sprinkled with basil leaves, if liked.

16 page recipe booklet offer

Courgette Frittata is just one of 12 new recipes specially created by the British Egg Information Service for people who want good food, fast.



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British Egg Information Service,
P.O. Box 27,
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Cheltenham GL54 2ZG**

LOOK OUT FOR THE LION

Don't forget to look for the Lion Quality mark when buying your eggs as your guarantee that they have been produced to the highest standards of food safety in the world.

All Lion Quality eggs come from British hens vaccinated against salmonella and carry a best before date on the egg shell and box showing that they are even fresher than required by law.

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