

# Fresh for Kids®

## sweet corn, pea & potato frittata



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### Ingredients:

- 2 tbs olive oil
- 600g Desiree or pontiac potatoes, peeled and cut into 1cm pieces
- 1 corn cob, kernels removed
- 500g green peas, shelled (about 1 cup shelled peas)
- 125 g cherry tomatoes, roughly chopped
- 8 eggs, lightly beaten

### HEALTH BENEFITS:

#### Cherry tomatoes

- Half a punnet will provide a whole day's supply of vitamin C for a child. One of the many functions of vitamin C is to protect the body against infections.
- The deeper the colour of the cherry tomatoes, the greater their content of beta carotene and many related carotenoids. These compounds are important for healthy eyes.

### Method:

1. Heat oil in a 23cm non-stick frying pan over medium heat. Add potatoes and cook, turning occasionally, for 10–12 minutes or until golden and cooked through.
2. Meanwhile, place corn, peas and 1 tbs water in a microwave safe dish. Cover with plastic wrap and microwave on high/100% power for 2 minutes. Drain and set aside.
3. Add corn, peas and tomatoes to potatoes in pan. Stir to combine. Pour whisked eggs over vegetables. Gently stir to evenly coat vegetables with egg. Reduce heat to low and cook for 12–15 minutes or until just set (top will be soft). Meanwhile, preheat a grill on medium heat.
4. Place frittata in pan under hot grill and cook for 3 minutes or until top is golden and set. Transfer frittata onto a board, slice and serve.

**Serves:** 4–6 kids

**Preparation:** 15 minutes

**Cooking:** 25–30 minutes