

# POTATO & ONION FRITTATA

**Time: 30 minutes**

**Serves: 6**

### Ingredients:

15g bacon fat or cold-pressed avocado oil (or other cold-pressed neutral-flavoured oil)  
400g potato - peeled - small dice  
10g salt  
200g onion - small dice  
12 large eggs  
0.5g fresh ground black pepper  
160g old cheddar - grated  
Green onion - sliced (garnish)

### Preparation:

Place a large, non-stick, oven-safe frying pan on medium heat and add the bacon fat or oil.

When the oil is hot, add the potato, stirring occasionally for five minutes.

Add the onion and half the salt, stirring occasionally for three minutes or until the potato and onion are cooked through.

In a suitable bowl, whisk together the eggs, remaining salt, pepper, and cheese.

Pour the mixture into the pan. Swirl the pan to evenly disperse the egg mixture.

Preheat your broiler.

Once the eggs have set along the edges of the pan (approximately two minutes) place the pan directly under the broiler until the top has set.

Remove the pan from the oven. Use a spatula to check that the edges of the egg are free. Carefully flip the pan over to release the frittata onto a serving platter.

Garnish with green onion and serve immediately.

### Nutritional Information Per Serving:

Calories: 345 Fat: 22.5g Carbs: 17.6g Fibre: 0g Protein: 20.2g	<b>Hand-Size Portion Guide</b> Palms of Protein: 1 Fists of Vegetables: 0 Cupped Hands of Carbs: 1 Thumbs of fat: 0
--	---