**Broccoli Frittata**

**Preparation time: 15 mins**

**Cooking time: 30 mins**

**Serves: 4**

**Ingredients:**

10 eggs

3 cloves of garlic, minced

Olive oil

1 head of broccoli

1 tsp paprika

Salt

Pepper

1 jar roasted red peppers

**What to do:**

1. Boil a large pan of salted water and add the broccoli florets. Cook for 4 minutes then drain and run under cold water.
2. In a separate bowl, whisk the eggs with the paprika, and salt and pepper. Put to one side.
3. Now, in a large non-stick frying pan add some olive oil and start to fry the garlic on a medium heat then add the peppers and the broccoli. Toss the pan to cover the broccoli with garlic then add the egg mix.
4. Put the whole pan in to the oven 160°C for 30 minutes.

For more information please contact **The Little Big Voice** on (0) 208 338 0188 or email [pressoffice@thelittlebigvoice.com](mailto:pressoffice@thelittlebigvoice.com)