

Inspired Hillier Recipes

Canapés

VEGETABLE FRITTATA - MAKES 6

Method:

Set the oven to 170c/150c fan.

Brush a mini muffin tin liberally with oil.

Heat the oil in a large frying pan.

Add the potatoes, pepper and garlic and fry them all together, until the potatoes are soft.

Add the peas, season well and remove from the heat and divide between the muffin cups.

Whisk the eggs and pour over the mixture in the tin.

Bake for 4-5 minutes. The mixture should just set.

Cool slightly before removing carefully from the tin (a spoon is best for this) and allow to cool fully.

Ingredients:

- 12g olive oil plus extra for greasing tins
- Salt & freshly ground black pepper
- 50g finely chopped potatoes (Maris Piper is ideal)
- 15g finely diced red pepper
- 1/2 clove garlic – chopped
- 15g peas – defrosted
- 1 large egg

