Cavalry Primary School

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Cookery Club

**Recipe Card**

**Mini Pea and Ham Frittata**

Ingredients

* olive oil spray
* 2 slices of ham
* 1/2 cup frozen peas
* 1 tsp dried mint
* 4 eggs
* 40 g feta cheese

Method

1. Preheat oven to 180°C. Spray 6 holes of a 1/2 cup muffin tin with olive oil spray.
2. Mix ham, peas and mint together. Season well. Spoon mixture into prepared muffin tin.
3. Beat eggs. Spoon into muffin tin over mixture. Dot the tops with crumbled feta.
4. Bake for 12-14 minutes until cooked through and lightly golden.

Week 5