

Classic Frittata

A versatile bake made for a homegrown egg glut

DIFFICULTY Easy

COURSE Main

CUISINE Italian-inspired



PREP
10 min



COOK
25 min



TOTAL
35 min



SERVES
6



FREEZES WELL
Yes

01 Ingredients

- 8 large eggs
- 1/4 cup milk
- 1 tbsp olive oil
- 1 onion, diced
- 1 capsicum, diced
- 100g feta or cheddar, crumbled or grated
- 2 tbsp fresh herbs (parsley or chives), chopped
- Salt and pepper, to taste

02 Method

1. Preheat oven to 180C. Whisk eggs and milk together in a large bowl, season with salt and pepper.
2. Heat olive oil in an oven-safe pan over medium heat. Add onion and capsicum, cook for 5 minutes until softened.
3. Pour egg mixture over the vegetables in the pan, stirring gently to distribute evenly.
4. Sprinkle cheese and herbs over the top.
5. Cook on the stovetop for 2-3 minutes until the edges start to set, then transfer to the oven.
6. Bake for 15-18 minutes until puffed and set in the centre. Rest for 5 minutes before slicing.

04 Common mistakes

- **Skipping the stovetop start** — starting the set on the stovetop before baking gives a better rise and texture than going straight into the oven.
- **Overbaking** — a frittata left in too long turns rubbery; pull it once the centre is just set.
- **Not resting before slicing** — cutting straight from the oven makes it fall apart; give it the full 5 minutes.

03 Notes & substitutions

- Mushrooms, spinach, zucchini, or leftover roasted vegetables all work well stirred through.
- Swap feta or cheddar for whatever cheese is on hand.
- Add crumbled cooked bacon or diced ham for a heartier result.
- Vegetarian as written.

05 Storage & leftovers

FRIDGE	Airtight container, up to 4 days.
FREEZER	Freezes well for up to 2 months, sliced into portions.
REHEATING	Gently in a low oven or microwave - high heat toughens the eggs.