

Mushroom Frittata

This frittata makes an ideal, fast and fabulous impromptu meal, ideal for breakfast, lunch or dinner. The trick to making this dish fabulous is in the quality of your mushrooms so purchase a variety from the grower at the farmers' markets. The trick to making it fast, is the size of the mushrooms. If you can find fungus that is about the same size as your thumb joint, you are in business! If they are bigger than that you may need to cut them in half.

Ingredients

serves 4

1 large Spanish onion, diced
3 tablespoons olive oil
450g mushrooms (shiitake, enoki, pine, king, slippery jack, swiss browns etc)
1 tablespoon good balsamic vinegar
1 clove garlic, finely diced
6 organic free range eggs
¼ cup sour cream or labne
40g Parmesan cheese, finely grated or ¼ cup nutritional yeast
½ teaspoon sea salt
Freshly ground black pepper
1 teaspoon fresh thyme leaves and more to garnish
spinach, rocket and beet leaves to serve
balsamic vinegar and olive oil to dress

Method

1. Preheat oven to 180°C.
2. In a small baking dish (big enough to hold onion and mushrooms, mix the diced onions with 1 tablespoon of the oil, cook in the oven for 10 minutes.
3. Add the mushrooms, balsamic and the remaining oil and cook for a further 10 minutes or until fragrant and mushrooms are softened but not overcooked.
4. Meanwhile, whisk the eggs with the garlic, sour cream, parmesan cheese, pepper and thyme.
5. Line a 20cm pie dish (or cake tin) with baking paper, ensuring it reaches the edges & grease with a little oil or butter.
6. Transfer the cooked onions and half of the mushrooms to the base of the lined dish. Top with the egg mixture and then the mushrooms.
7. Bake for 30 minutes or until the eggs are set to the touch but not rubbery.
8. Serve warm or cold with a big dark green leafy salad drizzled with balsamic and olive oil.

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