

Fridge-raid frittata

Any three of the below:

8 rashers smoked (ideally streaky) bacon, chopped into penny-sized pieces

1 courgette, grated

1 small onion, finely chopped

about 250g leftover cooked potatoes, diced

1 pepper, any colour, cubed

3-4 leftover sausages, chopped up

about 250g leftover cooked meat/fish (e.g. roast chicken, smoked mackerel)

a handful of frozen peas

All of the below:

8 eggs

200ml milk

a handful strong cheese, grated

salt and pepper (a pinch of each)

2 cloves garlic, finely chopped

1 tsp oil/butter/margarine

1. Lightly oil a frying pan (around 23 cm diameter).
2. Heat the fat in the pan until slightly bubbling.
3. Select your "any three" ingredients.
4. (You can use scissors to snip the bacon, if using, into small pieces.) Fry off your chosen three in the pan for around 6-8 minutes, until crispy.
5. Lightly whisk the eggs and milk with the seasoning. Pour into the pan with the bacon.
6. Stir the egg/milk mixture a little, to avoid all of the bacon sinking to the bottom of the pan.
7. Lower the heat and cook slowly, for about 10-15 minutes, depending on the moisture content in your selection of ingredients, or until firm to the touch and opaque.



Top tip: buy a food probe!! These clever thermometers gauge the temperature of food, and are especially helpful when cooking large joints of meat, to ensure it's safe to eat – but not overcooked. Just pierce whatever food you're cooking at its largest point. When it's at 70 degrees C, it's perfect! You might even find you get into making fudge and jams with it (where 105 degrees C is the magic number)...