



LUNCHBOX
Allow frittatas to cool and use an alternative to the common lunch box staple of a sandwich.



GOAT'S CHEESE & CARMELISED ONION FRITTATA

SERVES 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

4 teaspoons of **rapeseed oil** 2
red onions, finely sliced
4 teaspoons **honey**
8 **eggs**
140 grams **goats cheese**
100 grams **rocket**
250 grams **cooked beetroot**,
sliced ½ **lemon**, juiced

INSTRUCTIONS

Begin by preheating your grill to a high temperature.

Meanwhile, in an ovenproof frying pan sauté the onions for 10 minutes until they have softened. Add the honey to the pan and leave to bubble for 2 minutes allowing the onions to caramelize.

As the onions caramelize, beat the eggs before adding them to the pan. Cook for 5 minutes until the eggs have almost set before crumbling goat's cheese over the top. Place the frittata under the hot grill and cook until a delicious layer of melted cheese has formed on top and the eggs have firmly set.

As the frittata cooks, combine together the rocket and beetroot in a large bowl and dress with lemon juice for some extra zing.

To serve, cut the frittata into quarters and serve with the beetroot salad for some added freshness.

If you're not a fan of honey (or Canadian) you can easily switch out the honey for maple syrup.

332
CALORIES

20
PROTEIN

29
CARBS

16
FATS

6
FIBRE