



Egg Frittata Peppers and Spinach



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 8-10 MINUTES

INGREDIENTS

- 3 large Eggs
- A small handful Onion, diced
- 1 clove Garlic, minced
- A handful Spinach
- 1/2 tbsp Olive Oil
- A dash of Salt (to taste)
- A dash of Black Pepper (to taste)
- 1 tbsp Parmesan Cheese, shredded
- 1/2 medium Red Bell Pepper, sliced

DIRECTIONS

1. Dice the onion finely and mince the garlic; set aside.
2. In a bowl, whisk together the eggs and season with salt and pepper.
3. Heat a touch of olive oil in a grill pan or skillet over medium heat. Add the spinach, onion, peppers and garlic and saute for 4-5 minutes.
4. Add the eggs into the pan, cover with a lid, and turn the heat to medium-low. Cook for 8-10 minutes.
5. Serve warm and sprinkle with parmesan.

AVERAGE NUTRITION INFO

Energy : 1389 kJ / 332 Cal

Fat : 23 g

Carbs : 9 g

Protein : 22 g

Fibre : 2 g

Sugar : 4 g

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