



CHEESY POTATO & SPINACH FRITTATA

Prep. time 5 minutes | Cooking 20 minutes | Serves 4

Ideal for a midday snack or an evening winter warmer, our cheesy potato and spinach frittata is a winner.

Ingredients

1 teaspoon olive oil
90g chickpea flour + 1 cup water
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon mixed herbs
Pinch of black pepper
1 large potato, cut into small chunks
Large handful of spinach
50g Bute Island Red Leicester Sheese, grated

Cooking Method

Get making!

First cook the potato chunks in a pan of boiling water until cooked through then drain.

Heat the oil in a non stick frying pan. Add the potato chunks and fry for a few minutes then throw in the spinach and cook until wilted.

Whisk together the chickpea flour, water, onion powder, garlic powder and black pepper until quite thick and smooth.

Pour over the chickpea batter to cover and cook for 5 minutes until starting to firm up. Scatter over the Sheese then place under the grill for 4-5 minutes. Now it's ready to serve!

