



TOM KIMES' SPRING FRITTATA OF ZUCCHINI MINT AND RICOTTA

“Egg dishes are simple and work at any time of the day but they can vary enormously in standard depending on the quality of the eggs... For this recipe I have used eggs from an organic Araucana chicken, which lays blue eggs. The yolk is very rich and the taste is amazing.”

Ingredients

8 — organic eggs
3 to 4 — small zucchini
2 — cloves of garlic
3 tablespoons of olive oil
100g — ricotta
50g — pecorino* shaved into strips
20 — mint leaves
20 — Basil leaves
Maldon salt and freshly ground black pepper



* Pecorino can contain rennin, so remember to look for higher welfare, such as organic.

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Method

Pre heat the oven to Gas Mark 6 / 200°C / 400°F.

Top and tail the zucchini and split in half, length ways. Slice thinly on a diagonal angle, so that you have elongated slices. Cut the garlic in half and remove the inside shoot and discard. Finely slice the garlic and roughly chop the mint and the basil.

Heat two tablespoon of oil in a heavy bottomed ovenproof frying pan and fry the zucchini over a medium high heat for 2 minutes. Turn over and add the finely sliced garlic. Season well with salt and freshly ground black pepper. Cook the zucchini until golden brown on both sides and then add half of the chopped basil leaves. Do not over cook the vegetables, as you want them to have some bite. Remove from the pan and set aside.

Crack the eggs into a bowl and lightly beat with a fork. Season with salt and freshly ground black pepper. Crumble the ricotta and shave the pecorino into slithers. Return the heavy bottomed frying pan to the heat and add the last spoonful of olive oil, swirl the oil around the pan to coat the sides.

When the pan is hot add half of the egg mixture and turn down the heat. After 1 - 2 minutes scatter over the cooked zucchini and then half the ricotta and half the chopped mint. Add the remaining egg mixture and dot the top with the last of the ricotta and the slithers of pecorino.

Transfer the pan to the pre-heated oven and bake in the oven until set and the cheese melting about 4 minutes. Remove from the oven and with a spatula loosen the edges of the frittata from the pan and transfer to a large warmed plate. Scatter with the remaining chopped mint and basil and some extra pecorino shavings. Serve with a peppery leafed rocket salad

**This will have every one round the table
fighting for the last piece.**