



Spinach and Mushroom Frittata

Frittata – an Italian version of an omelet with tomato and bell pepper salsa

🔪🔪🔪 Easy 🍽️ 2 Servings ⌚ 45 min.



A frittata is the Italian version of an omelet. It's best to use a large skillet to make it. Serve the frittata—just like in Italy—warm or cold as an appetizer or main course. The salsa adds a spicy kick.

In addition to cheese, herbs also give the frittata a savory flavor. The spinach and mushroom frittata is a dish that appeals to young and old alike and is also perfect for taking on the go: to school, to work, or on a picnic.

Ingredients

1 can of ORO di Parma
cherry tomatoes
2 large onions
2 cloves of garlic, minced
200 g red bell peppers
1 tsp fresh thyme
1–2 chopped chili peppers
2 tbsp olive oil,
1 tsp vanilla sugar
250 g fresh spinach
250 g button mushrooms
8 eggs
3 tbsp extra virgin olive
oil,
salt & pepper
Nutmeg

Step 1: The Preparation

First, prepare the spicy tomato-bell pepper salsa. To do this, peel the onions and garlic and chop both finely. Set aside one onion and one clove of garlic for the frittata. Wash the bell peppers, remove the seeds, and dice them into small cubes. Next, heat olive oil in a pot and sauté the onions and garlic. Add the bell peppers and sauté them as well. Then add the ORO di Parma cherry tomatoes. Season the salsa to taste with chili and vanilla sugar. Then set the salsa aside for now. Clean the mushrooms and slice them. You'll need them for the frittata in the next step.

Step 2: The Frittata

Now sauté the remaining onions and garlic in olive oil. Add the spinach to the pan and sauté everything briefly until the liquid has evaporated somewhat. Season well with salt, pepper, and nutmeg. Then add the mushrooms and sauté them as well. Now whisk the eggs, add them to the pan, and let them set. Cover the pan with a lid and let it simmer on low heat for a while. Now your delicious frittata is ready to eat. Serve it with the salsa. Buon appetito!

Used products:



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