



**FRITTATA WITH
BURRATA AND PESTO**

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Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
396 kcal
33g Fats
4g Carbs
18g Protein



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WHAT YOU NEED

- 4 oz. (115g) asparagus, tough bottoms removed
- 4 tbsp. green pesto
- 2 tbsp. olive oil
- 8 eggs, lightly beaten
- ¼ cup (50g) grated Parmesan
- 1 large burrata, room temperature (5oz./150g)
- Basil leaves, to garnish
- Salt and pepper

WHAT YOU NEED TO DO

Remove and discard the woody ends of the asparagus spears by cutting off 1-inch off the base of each stem. Cut the asparagus spears into 1-inch (92.5cm) pieces and set aside.

Heat the olive oil in a non-stick frying pan over medium-high heat. Add asparagus and season with salt and pepper. Cook for a minute then quickly pour in eggs and stir everything together with a wooden spoon. Tilt the pan and lift mixture at the edges to allow any runny egg from the top to reach its way to the bottom of the pan. Cook the eggs for 3-4 minutes until the frittata is almost set. Sprinkle some Parmesan cheese over the top of the egg.

Place a lid over the frying pan and turn off the heat. Leave to stand for 2-3 minutes until the frittata is just set.

Remove the frittata from the pan onto a warm plate and place the whole burrata in the center of the frittata. Pierce with the tip of a knife and spoon the burrata over the frittata. Drizzle with the pesto and cut into wedges. Garnish with basil leaves and serve immediately.

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