BROCCOLI AND HERB FRITTATA

INGREDIENTS
½ onion chopped
2 cloves of garlic crushed
1 large head of broccoli
1 teaspoon salt
12 stalks parsley
10 chives
8 sprigs oregano
4 eggs
Freshly ground black pepper
½ cup extra-virgin olive oil

METHOD
Chop onion and crush garlic and put in a bow. Cut the broccoli into florets, then peel the stem, with the peeler, and cut it into 5 mm thick slices.
Fill a saucepan with water, add the salt and bring to the boil. Carefully drop the peeled broccoli stem and florets into the saucepan and stir once with the wooden spoon. Cook for 5 minutes.

Set the colander in the sink. Tip the broccoli and boiling water into the colander. Transfer the broccoli to the large bowl.

Rinse the parsley, chives and oregano, dry by rolling in the tea towel. Chop roughly and add to the bowl with the broccoli. Break the eggs into a medium bowl, season with salt and pepper and whisk.

Pour half of the oil into the frying pan and place over a medium heat. Add the onion and garlic and sauté stirring with the wooden spoon for 5 minutes. Tip the onion and garlic into the large bowl with the broccoli and chopped herbs. Add the whisked eggs and stir well with the wooden spoon.

Add remaining oil and heat over a high heat. When the oil is hot, carefully pour the egg and vegetable mixture into the pan. The mixture should puff and frill at the edges as soon as it hits the hot frying pan. Reduce the heat to low and cook for 5 minutes or until the bottom is set and golden brown – check this by lifting the edges with the egg lifter to see underneath. The top should still be moist.

Place the plate on top of the pan and quickly flip the pan over so that the unfinished frittata is now on the plate.