Potato Pea Frittata

One 10-inch/25 cm frittata, four light-meal wedges · Active 30 min · Total 1 hr 10 min

Skills: Building an evenly filled egg dish with fully cooked vegetables in an oven-safe skillet

Ingredients

- 1 lb potatoes (450 g peeled weight), cut into 1/2-inch/1 cm cubes
- Water to cover potatoes
- 1 1/2 cups frozen peas (210 g)
- 1 1/2 tablespoons neutral oil (22 ml)
- 1 small onion, thinly sliced (100 g)
- 6 large eggs
- 1/4 cup milk (60 ml)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

Oven-safe 10-inch/25 cm deep skillet, Saucepan and strainer, Mixing bowl and fork, Heatproof turner, Food thermometer and oven gloves

Allergens

egg, milk. Check labels and substitutions.

Make it

1. Heat oven to 375°F/190°C. Cover potato cubes with water, bring to a boil and simmer for 10–12 minutes until just tender. Cook peas for their full package time, using the potato pan for the final minutes only if the times match. Drain both well and let steam escape for 3 minutes.

2. Meanwhile heat oil in the oven-safe skillet over medium heat. Cook onion for 7–8 minutes until soft. Add drained potato and peas and distribute evenly.

3. Beat eggs, milk, salt and pepper in the bowl. Pour over the vegetables, tilt to reach edges and cook without stirring for 2–3 minutes until the edge begins setting.

4. Transfer skillet to oven using gloves. Bake for 15–20 minutes until egg is fully set and the center reaches at least 160°F/71°C. Rest for 5 minutes, then cut four wedges. Remember the handle remains hot after leaving the oven.

Hot handle stays hot

Keep an oven glove beside the skillet and tell anyone serving it that its handle is still hot. A resting frittata does not mean a cooled pan.

Ingredient labels

Eggs supply egg and milk supplies milk. Read frozen-vegetable and any reconstituted-milk labels for additional ingredients.

A useful detail

Potatoes and onion cook in parallel. The oven finish is for the eggs; the potato and frozen peas are fully cooked before they are added.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled wedges for up to 1 month and thaw in the refrigerator; the egg becomes firmer on reheating.