Courgette and Feta Egg Squares

4 egg squares from one 16 cm (about 6 1/4 in)-square dish; 2 squares and 50 g (about 1.8 oz) bread per serving | Active 15 min | Cook 9 min | Total 30 min

Ingredients

- 200 g (about 7.1 oz) courgette, coarsely grated
- 4 large eggs, 200 g (about 7.1 oz) without shells
- 60 g (about 2.1 oz) feta, crumbled
- 30 ml (about 2 US tbsp) milk
- 5 ml (about 1 US tsp) olive oil for greasing the dish
- 0.5 g dried oregano, about 1/2 tsp
- 0.5 g fine salt, a small pinch
- 0.2 g (a small pinch) ground black pepper
- 100 g (about 3.5 oz) soft wholemeal bread, about 2 thick slices, divided equally

Set out

1000 W microwave with turntable, Microwave-safe bowl, 750 ml (about 3.2 US cups) capacity, Fine sieve, Microwave-safe 16×16 cm (about 6 1/4 in×6 1/4 in) square dish, at least 1 L (about 1.1 US qt) capacity, about 4 cm (about 1 1/2 in) deep, Microwave-safe vented covers, Box grater, Mixing bowl, Fork and spoon, Knife, Kitchen scale and measuring spoon, Fast-tip food thermometer for shallow food, Oven mitts, Two serving plates

Allergens

Eggs, Milk, Wheat. Check labels and substitutions.

Make it

1. Put the grated courgette in the 750 ml (about 3.2 US cups) bowl and cover with a vented cover. Microwave at 1000 W full power for 2 minutes, stir, then cook 1 minute more until softened. Tip into the sieve and press out the loose liquid with the spoon. Let the drained courgette release steam while you prepare the eggs.

2. Grease the base and sides of the 16 cm (about 6 1/4 in) dish with all 5 ml (about 1 US tsp) olive oil. Beat the eggs, milk, oregano, salt and pepper thoroughly in the mixing bowl so no intact yolks remain. Stir in the drained courgette and all the feta. Pour into the greased dish and spread evenly.

3. Cover with a vented cover and microwave at 70% power for 90 seconds. Gently stir the still-soft outer mixture into the middle and smooth it level. Continue at 70% power for 3-4 1/2 minutes, rotating the dish halfway through, until fully set without liquid egg and 165°F/74°C in the center and several outer positions. If any tested area is cooler, add 15-20 second bursts and recheck.

4. Stand covered for 2 minutes. Cut into four equal squares. Serve two squares and half the 100 g (about 3.5 oz) bread on each plate. This method makes soft moist squares rather than an oven-browned frittata.

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Check the square dish can rotate

Measure the dish including handles and make sure it clears the oven walls. Do not use a metal tin or an unmarked decorative dish.

The raw egg endpoint is specific

All the microwave-cooked egg mixture reaches 165°F/74°C before its 2-minute covered stand. A set-looking edge does not establish the temperature in the middle.

Ingredient labels

Check bread for sesame, soy and other allergens.

A useful detail

The 30-minute planning total allows grating, draining and mixing, up to 9 minutes of sequential heating, the mandatory 2-minute covered egg stand, cutting and serving. Times are starting ranges for a 1000 W microwave. Use the stated power setting, stir and turn as directed, and use the food endpoint rather than the clock alone. A different wattage or bowl shape may need additional short bursts.

Another way

Replace the feta with 60 g (about 2.1 oz) grated cheddar and keep the same egg endpoint; it remains a milk-containing dish.

Replace oregano with 5 g finely chopped fresh dill mixed into the egg. Do not add an unmeasured herb garnish.

Keep it well

Refrigerate squares in a shallow covered container within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 2 days. Reheat covered in short bursts to 165°F/74°C throughout, then stand covered 2 minutes. Keep the bread separately.