Cheddar Broccoli Frittata Wedges

4 frittata wedges; 2 meals of 2 wedges with 1 slice of toast each · Active 30 min · Total 1 hr

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 4 large eggs (about 200 g edible, shells removed)

• About 3 cups broccoli, cut into small florets with peeled stalk thinly sliced (250 g prepared)

• 2/3 cup loosely grated cheddar (60 g)

• 1/4 cup reduced-fat 2% milk (60 ml/about 62 g)

• 1 small onion, finely diced (80 g)

• 2 teaspoons olive oil (10 ml/about 9 g)

• 1/4 teaspoon fine salt (1.5 g)

• 1/8 teaspoon black pepper (0.3 g)

• 2 slices whole-wheat bread (80 g total)

Set out

20 cm/8-inch oven-safe skillet at least 4 cm/1 1/2 inches deep, with manufacturer-approved handle, Saucepan with steamer insert and lid, Mixing bowl, Whisk or fork, Heat-safe spatula, Knife and board, Grater, Kitchen scale, Food thermometer, Oven mitts, Toaster, 2 plates

Allergens

Egg, Milk, Wheat; check bread for sesame or other added allergens. Check labels and substitutions.

Make it

1. Heat the oven to 375°F/190°C and check the skillet's oven rating. Bring water to a simmer beneath the steamer insert. Steam broccoli for 5–6 minutes until tender, then drain well, let steam escape and chop any large florets smaller.

2. Meanwhile heat oil in the oven-safe skillet over medium heat. Cook onion for 7–9 minutes until softened. Beat eggs, milk, salt and pepper in the mixing bowl, then stir in all measured cheddar.

3. Lower skillet heat. Spread cooked broccoli evenly among the onions. Pour in the egg-cheese mixture and move vegetables gently with the spatula so egg reaches the base. Cook on low for 2 minutes until the outer edge starts to set.

4. Using oven mitts, transfer the skillet to the oven. Bake for 15–20 minutes until the middle is set, no runny egg remains and its center reaches at least 160°F/71°C. Keep the thermometer away from the hot metal base when checking.

5. Remove with mitts, cover the hot handle with a dry mitt and rest for 5 minutes. Toast the measured bread. Cut frittata into 4 wedges and serve 2 wedges and 1 slice of toast per person.

A useful kitchen skill

Pre-cook a firm vegetable before setting eggs around it, and treat a skillet handle as hot for the whole oven-to-table stage.

A useful detail

A 20 cm/8-inch pan gives the intended thickness. Broccoli prep and the oven preheat overlap; the 60-minute total includes steaming, onion softening, oven setting and resting. All cheese and bread are included in the estimate.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use frittata within 3 days. Reheat the portion needed to 165°F/74°C throughout, or eat it cold while properly chilled. Freeze wrapped wedges for up to 2 months and thaw in the refrigerator. Toast bread fresh and store it according to its package.