

POTATO & LEEK FRITTATA

Gluten Free, Dairy Free, low Salicylate

Serves 4-6 people

Ingredients

1 Leek, white and pale green parts only

3 large potatoes

1-2 tbsp Canola/sunflower/rice bran oil

8 eggs

¾ cup soy or rice milk (your choice of dairy milk alternative)

Salt to taste

Requires a frying pan (at least 20cm round) that can go into the oven for cooking



Method:

- Preheat the oven to 220°C
- Peel the potato and cut into small squares
- Microwave, boil or steam them until soft
- Wash the trimmed leek and slice thinly. There should be close to 2 cups
- Heat the oil in the frying pan and add the leek, soft potatoes and salt to taste
- Cook about 5 minutes, stirring periodically, until the leek is translucent
- Crack the eggs into a separate bowl
- Add the soy or rice milk and beat them gently together
- Once the leek is translucent add the egg mixture to the fry pan. Stir briefly to mix
- Cook undisturbed until the edges of the egg are set. Approx 2 minutes
- Transfer the fry pan to the hot oven
- Bake about 10-15 minutes until the top of the frittata is just set. The times will vary with the size of your fry pan. Large fry pans may take closer to 10 minutes. Smaller fry pans (therefore deeper mixture) may take closer to 15 minutes.
- Be careful of the hot handle when you take the frypan from the oven
- Invert the frittata onto a plate and cut into wedges to serve

Serving suggestions:

Serve with allowed salad items or vegetables

Eat it as breakfast, lunch or in between meal snacks

Put left overs into takeaway containers to have for school or work lunches

It could be eaten cold, or re-heated