

# In the Kitchen *with* **Fast Ed**



## Feta and Artichoke Frittata

Preparation time: 20 minutes | Cooking time: 15-18 minutes | Serves: 4

- |                       |                               |
|-----------------------|-------------------------------|
| 8 eggs                | 1 red onion, sliced           |
| 300ml cream           | 8 artichoke hearts, quartered |
| 1 tsp Greek seasoning | ½ cup mixed herbs             |
| 125g feta, crumbled   |                               |

- 1 Preheat oven to 170°C. Combine the eggs, cream, seasoning and feta in a bowl, then whisk thoroughly. Season with salt and pepper. Mix with the onion, artichokes and herbs.
- 2 Place the **Thermostone™ Realseal™ 3L Dish**, in the oven for 5 minutes to preheat. Sprinkle with cooking oil spray, then pour in the frittata mixture. Bake for 15-18 minutes, until golden on top, risen and just firm. Serve with baby salad leaves.

*Fast Eds Note:* Apply **Thermostone™** lid to store leftovers for later. Pop open lid vent when microwave reheating.

