



# Bridie Whittle's Spicy Vegetable Frittata

*This is a really simple dish – not very glamorous, but pretty tasty!*

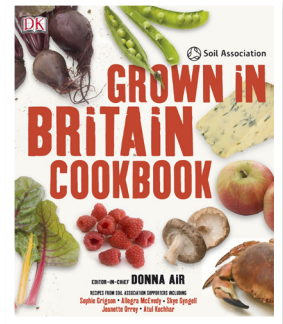
## What you need

serves 3-4

- 4 *tblsp* vegetable oil
- 450g (1lb) potatoes, *finely diced*
- 1 large onion, *finely chopped*
- 3 garlic cloves, *finely chopped or crushed*
- 1 dried red chilli, *roughly broken*
- 1 *tsp* black mustard seeds
- 1/2 *tsp* cumin seeds
- 1/2 *tsp* coriander seeds
- Salt
- 200g *canned tomatoes with their juice*
- A good handful of baby spinach
- 6 large eggs, *beaten*
- 4 *tblsp* *chopped fresh parsley*

## Directions

- Heat 3 *tblsp* of the oil in a large frying pan, add the potatoes and fry for approximately 5–8 minutes or until they start to brown. Add the onion and cook for 2–3 minutes or until they begin to soften, then add the garlic.
- Grind the chilli and spices together until broken down, add them to the pan, and fry for 2 minutes, stirring frequently.
- When the seeds begin to pop, add a pinch of salt, the tomatoes, and 1 *tblsp* water. Reduce the heat and simmer for 10 minutes or until the potatoes are cooked through and tender.
- Add the spinach and cook for 1–2 minutes until wilted. Remove from the heat and leave to cool for 5 minutes.
- In a bowl, mix together the eggs and parsley, then stir in the potato and tomato mixture. Wipe the frying pan with kitchen paper. Heat the remaining oil in the pan and pour in the mixture. Cook on a high heat for approximately 5–8 minutes or until it begins to set. When it's all set, carefully turn it over and cook for 2–3 minutes longer to allow the bottom to turn golden. Serve cut into wedges.



Extracted from the **Grown in Britain Cookbook**, published by DK. For further information, please visit [www.dk.com](http://www.dk.com)

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