

Potato & sun-dried tomato frittata



BODY SHAPE
PERFORMANCE

- 4 eggs
- salt and pepper
- 1 small all-rounder potato, peeled and sliced quite finely.
- 2 tsps ghee or coconut oil
- 1 small red onion, sliced
- 25g sun-dried tomatoes, drained
- 2 sprigs fresh basil, chopped

SERVES 2

Whisk the eggs in a jug with the salt and pepper.

Preheat grill to medium / high.



PER SERVING:
357 Calories
35g Carbs
16g Protein
17g Fat



Bring a small saucepan of water to the boil. Add the potato and reduce to a simmer. Cook for 3-4 minutes until the potatoes are fork tender. Drain and set aside.

Melt the ghee / oil in a frying pan over a medium heat. Add the sliced potato and onion and sauté gently for around 5 minutes, turning occasionally, until the potatoes turn a golden colour.

Add the sun-dried tomatoes and basil and stir well. Transfer the contents to a skillet or ovenproof pan.

Add the eggs, covering the base of the pan evenly.

Place under the grill and cook for several minutes until golden (keep an eye on the frittata to ensure it doesn't burn).

Cut the frittata in half and remove from pan with a slice. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.