

# Chorizo, roasted red pepper and pea frittata

## Ingredients

- olive oil a drizzle
- chorizo 60g, diced
- red onion ½, finely sliced
- red chilli ½, finely sliced
- garlic 2 cloves, thinly sliced
- roasted red pepper from a jar 2, drained and sliced
- frozen peas 100g
- eggs 4, beaten
- parmesan 25g, finely grated
- rocket a handful, dressed with sherry vinegar



## Method

1. Heat the grill to high.
2. Heat a drizzle of oil in a non-stick ovenproof frying pan and fry the chorizo until crisp.
3. Reduce the heat, add the onion and cook for 5 minutes or until soft.
4. Add the chilli and garlic, and cook for 2 minutes.
5. Add the red peppers and peas, then tip in the eggs and season generously.
6. Cook for 2-3 minutes until the bottom is set and a little golden, then sprinkle with the parmesan and grill until puffed and golden on top.
7. Serve with the dressed rocket.

## Notes

**This recipe is gluten free according to industry standards.**

Liven up your frittata with chorizo and a kick of chilli, then pop under the grill until puffed and golden.

Nutrition: per serving

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
401	25.2g	9.1g	11.5g	6.3g	4.1g	30.1g	2.7g