



THE 7-DAY BASKET

A week's worth of recipes from one food shop

IAN HASTE

'Ian's food is always so simple, healthy and tasty'

Joe Wicks

PEA, FETA AND MINT FRITTATA WITH A CUCUMBER, AVOCADO AND LEMON-DRESSED SALAD

Cooking time 35 minutes

Difficulty Easy

A simple weekday meal, perfect for using up any leftover veg in your fridge or for showcasing the best seasonal produce. Cook until golden brown, but still a little soft in the middle and eat any leftover frittata cold the next day for lunch.

3 tablespoons olive oil
1/2 red onion, finely sliced
200g Charlotte potatoes, thinly sliced
4 eggs
2 tablespoons milk
15g mint, roughly chopped
100g frozen peas
10g chives, finely chopped
120g feta
1/4 cucumber
1 avocado
juice of 1/4 lemon
6 cherry tomatoes
1 pack of rocket and watercress leaves
salt and pepper

Preheat the oven to 170°C/150°C fan/gas 3.

Pour a tablespoon of the olive oil into a heated frying pan, then add the onion and potatoes and cook for 10 minutes until golden and soft.

Crack the eggs into a dish, season and add the milk. Add half the mint to the eggs along with the peas and half the chives. Crumble in the feta along with the cooked onion and potato slices and give it all a good mix. Grease a small round cake tin or small frying pan, add the mixture and bake for 20 minutes until cooked through and golden on top.

Using a potato peeler, ribbon the cucumber into small slithers. Thinly fan slice the avocado.

For the dressing, in a bowl mix the remaining olive oil with the lemon juice, remaining chives and mint and some salt and pepper.

Layer up the ribboned cucumber, avocado and cherry tomatoes with the salad leaves and dressing. Serve the sliced frittata with the salad on the side.

