

SHRIMP, CORN & RED PEPPER FRITTATA

Serves 6



INGREDIENTS:

- ☐ 240 g Breco All Purpose Shrimp
- ☐ 3 tbsp butter
- ☐ 1 tsp olive oil
- ☐ 1 large onion peeled & thinly sliced
- ☐ 2 tbsp fresh thyme leaves
- ☐ 1 red pepper diced
- ☐ The kernels from 1 large ear of sweet corn
- ☐ 2 cloves crushed garlic
- ☐ 3 chopped spring onions with tops
- ☐ 12 eggs, beaten
- ☐ 1 cup grated cheddar cheese
- ☐ Salt and freshly ground black pepper

METHOD:

01. Pre-heat oven 200 °C
02. Heat the butter and olive oil in a large deep-frying pan with a metal handle over a medium heat
03. When the butter starts to foam add the onion and fry for 2 minutes, stirring all the time
04. Add the red pepper, corn and garlic
05. Stir-fry for 3 minutes and season to taste. Remove from the heat and cool
06. Stir the spring onions and shrimp into eggs with the red pepper mixture.
07. Add the cheese and stir to combine
08. Pour back into the pan and bake until puffed up and golden for about 30-35 minutes
09. Remove from the oven and let it rest for 10 minutes, then invert onto a serving plate
10. Serve with a crunchy mixed green salad