## Pesto and feta frittata with roasted broccoli salad

Serves 2-3

## **Ingredients**

6 eggs 100g feta cheese 2 tbsp basil pesto

1 medium head of broccoli, cut into florets

1 tbsp olive oil

½ red chilli, finely chopped

½ small bunch dill, finely chopped (optional)

2 tbsp dried cranberries

1 tbsp whole almonds (I usually use flaked almonds)

## Preheat oven to 180oC

- 2. Make broccoli salad first. Place broccoli on roasting tray, season and drizzle with a little olive oil. Roast in the oven for c.10 mins or until the broccoli is browning and cooked through, but with a slight crunch. Remove from the oven and allow to cool. Sprinkle over the cranberries and
- 3. Crack the eggs into a bowl, season with salt and pepper then whisk together. Melt a little bit of butter or oil in an oven proof frying pan over a medium heat and add the eggs. Crumble the feta into the eggs and ensure it's evenly dispersed. Dot the pesto around the frittata and then place the pan in the oven. Bake for 10-12 mins or until cooked through. Remove from oven, allow to cool slightly before slicing into wedges and serving with the salad.

Source: Cooking for fitness by James Haskell and Omar Meziane