

# Artichoke Frittata



R & J Mazza  
GLOBE ARTICHOKES

## Ingredients

150g artichoke hearts, chopped,  
1 tablespoon cooking oil,  
½ medium onion, chopped,  
1 clove garlic, finely chopped,  
1 tablespoon cooking oil, extra,  
3 eggs,  
2 tablespoons cream,  
¼ cup parmesan cheese,  
2 tablespoons parsley, chopped,  
Salt & pepper, to taste,



## How to Prepare

1. Place oil in pan and gently sauté artichokes, onion and garlic until cooked. Cool.
2. Place remaining ingredients in a bowl and mix well. Add artichoke mixture and combine. Heat extra oil in fry pan, pour in mixture and fry.
3. When cooked, flip to other side and fry until cooked.

**Serves 4**

