

Artichoke, Potato & Salmon Frittata with Red Onion & Parsley



R & J Mazza
GLOBE ARTICHOKES

Ingredients

150g artichoke hearts, chopped,
3-4 red skinned potatoes, peeled & sliced,
1 tablespoon cooking oil,
½ red onion, finely chopped,
5 eggs,
¼ cup cream,
¼ cup parmesan cheese,
100g fresh salmon, cooked and flaked,
2 tablespoons parsley, chopped,
Salt & pepper, to taste,

1 tablespoon cooking oil, extra,



How to Prepare

1. Place potatoes in a pan of boiling water and simmer for 2 minutes or until tender. Drain and cool.
2. Lightly beat eggs, cream, salt and pepper in a bowl. Add remaining ingredients and mix well.
3. Heat extra oil in frypan, pour in artichoke mixture and fry.
4. When cooked and golden, place saucepan under the grill until the top is cooked and browned, or flip and fry on the stovetop until the other side is cooked.

Serves 4-6

