



Tuna, Pea & Feta Frittata



Ingredients

- 1 x 145g Princes Tuna Chunks in Spring Water
- 6 eggs
- 1 garlic clove
- 1 tbsp olive oil
- 140g peas (defrosted if frozen)
- 100g low fat feta cheese, crumbled
- 50g sundried tomato, roughly chopped
- ½ tsp chilli flakes
- 300g new potatoes, halved
- Handful of mixed herbs e.g. dill or parsley, roughly chopped

	Calories	Sugars	Fat	Saturated Fat	Salt
Per 100g	138kcal	1.3g	7.5g	2.1g	0.6g
RI%	7%	1%	11%	11%	10%

Method

1. Finely chop the garlic clove and cut the sundried tomatoes into chunks. Whisk the eggs with herbs and seasoning.
2. Boil the potatoes for 12-15 mins, drain and leave to cool. Cut the potatoes in half.
3. Heat oil in a 23cm non-stick frying pan. Add the garlic and potatoes and fry for 5 mins until golden. Stir through chilli flakes, peas, sundried tomatoes and tuna chunks.
4. Tip the egg mixture into the pan and scatter with feta cheese. Cook for 10-12 mins until almost set, then place the pan under the grill for 3-5 minutes until golden and cooked through.
5. Cut into slices and serve with a crisp salad or veg of choice.

