



## Asparagus Pacific Purple – Asparagus and new potato frittata

SERVES 2-4 • PREP: 10 MINUTES • COOK: 30 MINUTES

**V** Vegetarian

### INGREDIENTS

- 250 g (about 1/2 lb) new potatoes, thinly sliced
- 200 g (about 7 oz) asparagus, trimmed and cut into 2–3 cm pieces
- 1 small onion or 2 shallots, finely chopped
- 4–6 large eggs
- 50 ml (3–4 tablespoons) milk or cream
- 50 g (1/2 cup) grated cheese (optional: cheddar, gruyère, or feta)
- 2 tablespoons olive oil or butter
- Salt and freshly ground black pepper
- Optional: fresh herbs (parsley, chives, or thyme)

### METHOD

#### 1. Cook the potatoes

Boil the sliced new potatoes in salted water for 5–7 minutes, until just tender. Drain and set aside.

#### 2. Blanch the asparagus

In the same pan or a separate pot, boil the asparagus for 2–3 minutes until bright green and tender-crisp. Drain and set aside.

#### 3. Sauté the onions

Heat olive oil or butter in an ovenproof frying pan over medium heat. Add chopped onions or shallots and cook 3–5 minutes until soft.

#### 4. Combine vegetables

Add the cooked potatoes and asparagus to the pan. Gently stir to combine and heat through. Season with salt and pepper.

#### 5. Prepare the egg mixture

In a bowl, whisk together eggs, milk or cream, cheese (if using), and herbs. Season lightly with salt and pepper.

#### 6. Cook the frittata

Pour the egg mixture over the vegetables in the pan. Cook on medium-low heat for 5–6 minutes until the edges start to set.

#### 7. Finish under the grill

Preheat the oven grill/broiler. Place the pan under the grill for 3–5 minutes, until the top is fully set and lightly golden. (Alternatively, finish in a 180°C / 350°F oven for 8–10 minutes.)

#### 8. Serve

Let the frittata rest for a few minutes, then slice and serve warm or at room temperature.



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