

# Dinner Recipes

## Potato Frittata Bombay Style

One  
Life  
Suffolk

### Ingredients (Serves 2)

-  2 Eggs
-  4 New potatoes (sliced)
-  3 Medium tomatoes (sliced)
-  100g Spinach
-  1 Onion (sliced)
-  1 tbsp vegetable oil
-  1 Clove garlic (crushed/finely chopped)
-  ½ Green chili (de-seeded and finely chopped)
-  2 tsp Mixed herbs
-  ½ tsp Black pepper
-  Handful of mixed salad leaves (to serve)
-  Slice of crusty bread – thinly spread with vegetable spread (to serve)

### Method

1. Add the sliced potatoes to a pan of boiling water and cook for 5 minutes or until soft.
2. In a frying pan, heat the oil and fry the onion for 5 minutes, followed by adding the garlic and chili and frying for a further 3 minutes, stirring occasionally.
3. Add the tomatoes to the pan and cook for a further 2 minutes followed by adding the spinach.
4. Add the cooked slices of potato to the frying pan (spreading them out evenly)
5. Crack the eggs into a bowl, add the mixed herbs and pepper, and whisk together using a fork.
6. Pour over the egg mixture and place under the grill on a medium heat for 10-5 minutes until the firm, and golden on top.



7. Cut in half and serve with a side salad and crusty bread.

### Nutritional Information

[Approx. Per Serving]

Calories: 420Kcal  
Carbohydrate: 32g  
Fat: 15g  
Protein: 20g

### Cost:

[Approx.]  
Total Ingredients: £8.00  
Per Serving: £1.50