

## OAK ROASTED SALMON FRITTATA

Serves 6 for a light lunch or picnic



### Ingredients

6 Eggs  
200g **Oak Roasted Salmon**  
150g cubed Feta Cheese  
2 Spring Onions - coarsely sliced  
3 large handfuls Spinach  
100g Mangetout  
1 tbsp Flat Leaf Parsley - chopped  
1 Red Chilli - chopped (optional)  
Freshly grated Parmesan Cheese  
1 tbsp **Olive Oil**  
**Halen Mon Sea Salt** and Pepper

Pre-heat the oven to 180°C.

Break the eggs into a mixing bowl. Beat with a hand whisk until frothy and season with **Halen Mon Sea Salt** and pepper.

Heat the **Olive Oil** in a large frying pan with heat resistant handles (suitable for grilling). Throw in chilli, spring onions and spinach and stir-fry until the spinach is beginning to wilt, then add the mangetout and cook until tender. Pour in the egg mixture, flake in the **Oak Roasted Salmon** and sprinkle with feta, parsley and finally parmesan.

Allow to cook over a medium heat until the egg base is set and then place the pan under the grill until risen and golden. Either serve immediately with Ciabatta bread and a watercress salad or allow to cool, slice and take to picnic.