

SMOKEY JO'S LEFTOVERS FRITTATA

Serves 6 as a light lunch or perfect for a picnic



Ingredients

6 Eggs
200g [Oak Roasted Salmon](#)
100g [Welsh Goat's Cheese](#)
1 Red Pepper - sliced
1 Red Onion - sliced
A handful of green olives – cut in half
30g Flat Leaf Parsley – chopped
30g Basil leaves – chopped
Freshly grated Parmesan Cheese
1 tsp of Chili flakes
[Fino Olive Oil](#)
[Halen Mon Sea Salt](#) and Pepper

Pre-heat the grill oven.

Break the eggs into a mixing bowl. Beat with a hand whisk until frothy and season with [Halen Mon Sea Salt](#) and pepper and add the chili flakes.

Heat some [Olive Oil](#) on a medium heat in a large frying pan with heat resistant handles (suitable for grilling). Add the red onion followed by the red pepper to the pan to soften, this should take about 5-10 minutes. When onion and pepper is looking about done pour over the egg mixture.

Flake the [Oak Roasted Salmon](#) into the pan, add the olives and spoon over [Goat's Cheese](#). Once the egg is set (you will see it coming away at the edge of the pan) grate over the parmesan.

Place under the grill until bubbling and golden.

Remove the pan from the grill, add a good glug of [Olive Oil](#) and sprinkle over the fresh herbs, allow to cool and enjoy!