

OAK ROASTED SALMON FRITTATA

Serves 6, for a light lunch or picnic

Ingredients

200g [Oak Roasted Salmon](#)
150g Feta Cheese, cubed
6 Eggs
100g Mangetout
2 Spring Onions, coarsely sliced
3 large handfuls Spinach
1 tbsp Flat Leaf Parsley, chopped
1 Red Chilli, chopped (optional)
Freshly grated Parmesan Cheese
1 tbsp [Fino Olive Oil](#)
[Halen Môn Sea Salt](#) and Black 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 Môn Sea Salt](#) and black pepper.

Heat the [Fino 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 [Sourdough bread](#) and a watercress salad or allow to cool, slice and take to picnic.

Enjoy!