

HOT-SMOKED SALMON FRITTATA

Serves 6 - A delightful Frittata recipe for a light lunch or a picnic

Ingredients

200g [Peppered Roasted Salmon](#) (or use plain [Oak Roast Salmon](#) or any other leftover [Smoked Fish](#))

100g [Welsh Goat's Cheese](#)

6 Eggs

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 Chilli flakes

A drizzle of [Fino Olive Oil](#)

A sprinkle of [Halen Môn Sea Salt](#) and Black Pepper



Pre-heat the grill oven.

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

Heat some [Fino 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 into the pan to soften, this should take about 5-10 minutes. When the onion and pepper is nicely softened pour over the egg mixture.

Flake the [Peppered Roasted Salmon](#) into the pan, add the [Olives](#) and spoon over the [Welsh 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 [Fino Olive Oil](#) and sprinkle the fresh herbs.

Allow to cool and enjoy!