

BRIDPORT and DISTRICT ALLOTMENTS SOCIETY



Centre for Local Food,
Unit 17, St Michael's Trading Estate, Foundry Lane,
Bridport DT6 3RR
01308 250260



Email: bridportallotmentsociety@gmail.com
www.bridportallotmentsociety.co.uk

Wild garlic, nettle and broccoli frittata with feta

- 2 tbsps olive oil or butter
- 1 handful of wild garlic (or garlic clove peeled and finely chopped)
- 1 small bunch spring onions
- Salt and black pepper
- Large handful of long stemmed broccoli or psb (can also use asparagus when in season)
- 2 big handfuls springtime greens – nettles, spinach, sorrel, watercress
- Zest of a lemon
- 6 – 8 eggs
- 100g feta (can also use ricotta)

You will need a large ovenproof frying pan (one that can go under the grill).

Heat the oil (or melt the butter) in the frying pan. When warm add the chopped garlic and spring onions and let them sizzle and soften. After 2 or 3 minutes, add the broccoli (or asparagus) and cook for a further 3 – 5 minutes, until it is softened but not soggy.

Add the chopped greens (use tongs if you are using nettles), allow everything to wilt for a few minutes, season well, add the lemon zest and keep on a low heat.

Beat the eggs in a bowl and season well. Pour the eggs into the pan. Let the eggs cook for a minute to set, then use a spatula to pull them away from the sides of the pan, allowing the raw egg to run into the gaps. Let it set, then repeat a few times.

Put the grill on high.

Scatter the feta (or ricotta) on top and put the frying pan with the frittata under the grill to brown on top.

Turn the frittata out by loosening the edges and flipping the pan over onto a large plate. Then turn over onto another plate so that the browned side is on top. Cut it into slices and eat warm or cold.

Membership Secretary
Mandy Rathbone

Chair
Fiona Dare

Secretary
Lynne Atkinson