

## Mini Frittatas



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| Serves                | 14                                                                                                                                                                                                                                                                                                                                      |
| Prep time             | 20 minutes                                                                                                                                                                                                                                                                                                                              |
| Cook time             | 25 minutes                                                                                                                                                                                                                                                                                                                              |
| Total time            | 45 minutes                                                                                                                                                                                                                                                                                                                              |
| Allergy / Intolerance | <a href="#">Amines</a> , <a href="#">Artificial Additives</a> , <a href="#">Artificial Colours</a> , <a href="#">Glutamates</a> , <a href="#">Preservatives</a> , <a href="#">Salicylates</a> , <a href="#">Wheat</a>                                                                                                                   |
| Suitable for          | <a href="#">Amines Challenge</a> , <a href="#">Gluten Free</a> , <a href="#">RPAH Elimination Diet - Amines Allowed</a> , <a href="#">RPAH Elimination Diet - Low Chemical / Failsafe</a> , <a href="#">RPAH Elimination Diet - Moderate Chemical</a> , <a href="#">Salicylate Challenge</a> , <a href="#">Salicylates &amp; Amines</a> |
| Meal type             | <a href="#">Lunch</a> , <a href="#">Lunch Box</a> , <a href="#">Savoury Snack</a>                                                                                                                                                                                                                                                       |
| Misc                  | <a href="#">Child Friendly</a> , <a href="#">Freezable</a> , <a href="#">Pre-preparable</a> , <a href="#">Serve Cold</a> , <a href="#">Serve Warm</a>                                                                                                                                                                                   |

## Ingredients

- 6 eggs
- 1/2 cup milk
- pinch salt
- 1 Large potato (peeled and grated)
- 1/2 cup cream cheese or ricotta
- 1/2 cup small pasta (uncooked, see note)
- 2 cups filling ingredients (see note)

## Directions

1. Cook the pasta, drain and set aside.
2. Preheat the oven to 180° and line muffin trays with 14 paper cases.
3. In a large jug whisk together the eggs, milk and salt. Set aside.
4. Combine the pasta, potato, filling ingredients and cream cheese / ricotta in a large bowl and mix until well combined.
5. Divide the filling evenly between the paper cases. Pour the egg mixture over the top of each.
6. Bake for 20 - 25 minutes until lightly golden and the egg is cooked through.

## Note

Low Chemical / Failsafe, Moderate Salicylates/Glutamates, Very High Amines, Gluten-free.

For the pasta I used Olive Green Organics Baby Anellini quinoa & rice pasta. You can use any small pasta, or noodles cut into small pieces before cooking. Rice can also be used, preferably brown. Using GF pasta or rice will make this recipe GF.

For the filling you need 2 cups of finely chopped, grated or pureed vegetables or cooked meat. The following are some suggestions, but you can use almost anything. You can also cater for multiple dietary requirements by creating separate fillings and using different coloured paper pans to identify them.

Low Chemical / FAILSAFE:

- Swede
- Green beans
- Choko
- Celery
- Spring Onions
- [Real Deli Chicken](#)
- [Cooked FAILSAFE sausages](#)
- Cooked mince
- Cooked chicken
- Tinned beans (roughly mashed)
- Cooked lentils

Moderate Salicylates:

- Carrot,
- Butternut/Squash pumpkin
- Sweet potato
- Peeled zucchini

Moderate Glutamates:

- Peas

Very High Amines:

- Preservative-free ham or bacon