

Oven-baked Frittata



Serves	4
Prep time	25 minutes
Cook time	30 minutes
Total time	55 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 2 Medium potatoes (peeled and thinly sliced)
- 2 tablespoons sunflower oil
- 1 Medium leek (thinly sliced)
- 2 teaspoons minced garlic
- 1/4 Small red or green cabbage (finely chopped)
- 1/2 Large zucchini (peeled and grated, squeeze out the excess liquid)
- 1 Large carrot (grated)
- 3 cups cooked chicken (diced)
- Salt
- 8 eggs
- 1/2 cup thickened cream

Directions

1. Preheat the oven to 200°C and lightly grease a 5cm deep, 20cm square oven-proof dish.
2. Cook the potatoes until tender (microwave, steam or boil) and set aside.
3. Heat the oil in a non-stick frying pan over medium heat. Add the leek and garlic and cook for 2 to 3 minutes. Add the cabbage and zucchini and cook until tender.
4. Stir in the carrots and chicken and heat through. Season with salt.
5. Place half the potatoes in the bottom of the prepared dish in a single layer. Spread half the chicken mixture over the top. Repeat with the remaining potato and chicken mixture.
6. In a separate bowl whisk together the eggs and cream. Gently pour the egg mixture over the vegetables and chicken.
7. Bake in the oven for 20 to 30 minutes until the egg mixture is set and golden brown on top.
8. Let it rest for 5 minutes before serving.



Note

Moderate Salicylates, Low Glutamates, Low Amines

Variation:

1. use sour cream instead of thickened cream.
2. replace any of the raw vegetables with left over cooked vegetables.
3. use cooked and chopped [FAILSAFE sausages](#) instead of chicken.