

Less than 45 minutes

Serves 4

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Ingredients:

- 2 Tbsp (30ml) olive oil
- 2 onions, finely chopped
- 2 cloves garlic, finely chopped
- 1 packet (200g) PnP bacon bits
- 1 can (400g) PnP white asparagus spears, drained
- Handful parsley, chopped
- ½ cup (30g) grated parmesan cheese + extra for serving
- 1 cup (125g) grated mozzarella
- 4 eggs
- ½ cup (125ml) cream or milk
- Salt and milled pepper
- 2 packets (20g each) rocket
- Glug each olive oil and balsamic vinegar, for dressing

Method

1. Preheat oven to 200°C.
2. Heat half the oil in an ovenproof pan.
3. Sauté onion and garlic until soft, then set aside.
4. Heat remaining oil in pan and sauté bacon until crispy.
5. Remove pan from heat.
6. Return onion to pan and toss in asparagus, parsley, parmesan and mozzarella.
7. Whisk eggs and cream or milk together and pour over bacon and vegetables. Season.
8. Bake for 20 minutes or until the top is golden.
9. Toss rocket with olive oil and vinegar.
10. Serve frittata with salad and extra parmesan.