

Less than 30 minutes

Serves 6

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Ingredients:

- 2 tsp (10ml) canola oil
- 1 onion, sliced
- 2 cloves garlic, crushed
- ½ cup (125ml) peas
- ½ packet (150g) baby spinach
- 6 long-stems broccoli, halved
- 8 eggs
- ⅓ cup (80ml) low-fat evaporated milk
- Milled pepper
- 1 disc (60g) reduced-fat feta
- Handful basil, for serving
- 3 slices toasted wholewheat or rye bread, for serving (optional)

Method:

1. Heat oil in an ovenproof frying pan.
2. Fry onion until softened.
3. Add garlic and fry for a few minutes more.
4. Add peas, spinach and broccoli and toss until bright green.
5. Whisk eggs and evaporated milk together. Season with pepper.
6. Preheat oven to 200°C.
7. Pour egg into pan and cook for 5 minutes.
8. Add feta and bake in the oven for 8-10 minutes, until golden.
9. Garnish with basil and serve with toast, if using.

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