Frittata

Ingredients

400ml Cream 250gm Tomatoes

300ml Milk 300gm Peppers

4 Eggs 15gm Seeded Mustard

15gm Butter (melted) 30gm Kohlrabi Leaves

1t Salt 1/2t Pepper

* **Gather ingredients and read through recipe.**
* **Preheat oven to 200 degrees centigrade.**
* **Wash all plant ingredients in cold water.**
* **Slice the Peppers into strips and set aside.**
* **Cut the Kohlrabi leaves into thin strips and pick the Basil off the stems, then combine the two ad set aside.**
* **Measure Cream, Milk, Butter & add with the eggs into a large measuring jug or bowl.**
* **Add the Salt & Pepper to the cream mix and whisk until the egg has almost blended completely into to mixture.**
* **Into a lined pie dish, break up the tomatoes with your hands, into chunks and spread evenly.**
* **Sprinkle in the Peppers and Leaves.**
* **Pour the Egg mixture into the dish then take to the oven.**
* **Gently push the rack into the oven then close the door and set the temperature to 180 degrees centigrade, baking for 20/25mins.**
* **Let cool and serve.**