

## Broccoli & Corn Frittata

**Season:** Winter

**Type:** Main

**Serves:** 32 tastings

**From the garden:** Broccoli & rosemary

**Class focus:** Cutting broccoli into florets & chopping herb



<b>Equipment:</b>	<b>Ingredients:</b>
Large mixing bowl x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Grater x 1 Baking paper Deep baking tray x 1 Serving plate x 5 Kitchen tong x 5	1 cup self-raising flour 1 ½ cups grated cheese 5 eggs ¼ cup mayonnaise 1 cup milk  2 broccolis (stem included, cut into small florets) 2 cups frozen corn kernels 2 sprigs rosemary (leaves only, finely chopped) 1 teaspoon salt 10 grinds of pepper

### What to do:

1. Heat oven to 180C.
2. Wash all the vegetables and herb.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Put all the ingredients in a large mixing bowl and stir to combine.
5. Pour vegetable mixture into a lined baking tray, spread it evenly.
6. Bake in the oven for 25 minutes or until golden brown and cooked.
7. Cut into 32 pieces.
8. Serve into 5 serving plates with a kitchen tong in each.

### For vegan / dairy intolerance option:

Reserve a portion of the broccoli florets for Angela to cook for students who are vegan / dairy intolerance.

### For gluten free option:

Use gluten free self-raising flour.