



Artichoke Frittata



Prep: 15 minutes / Cook: 30 minutes



Serves: 4



the Combi Wave™3 in 3

6 large eggs

34 cup (180ml) heavy cream

4 ounces (115g) sharp cheddar cheese, grated

1 green onion, thinly sliced

1 clove garlic, minced

Kosher salt and freshly cracked black pepper

3 stalks kale, leaves removed, roughly sliced

6 ounces (170g) marinated artichokes, drained, halved

Method

- 1. Combine eggs and cream in large bowl. Add half of the cheese, green onion and garlic and season to taste.
- 2. Lightly grease 9.5-inch (24cm) round microwave safe dish. Arrange kale over base of dish and pour over egg mixture. Scatter with artichokes and remaining cheese.
- 3. Press FAST COMBI and set 350°F for 30 minutes. Place dish in Combi Crisp pan and place in microwave in high position. Press START to begin cooking.
- 4. Let rest 5 minutes before serving.