



Artichoke Frittata



the Combi Wave™3 in 3



Prep: 15 minutes / Cook: 30 minutes

Serves: 4

6 large eggs
% cup (180ml) thickened cream
1 cup (120g) grated tasty cheese
1 green onion, thinly sliced
1 clove garlic, crushed
Sea salt and freshly ground black pepper,
to season

3 stalks kale, leaves removed, thickly sliced (approx. 350g leaves) 170g jar marinated artichokes, drained, halved

Method

- Whisk the eggs and cream together in a large bowl. Add half the cheese, onion and garlic and season with salt and pepper.
- Lightly grease a 24cm round microwave-safe dish. Arrange the kale over the base of the dish and pour over the egg mixture. Scatter with the artichokes and remaining cheese.
- 3. Press FAST COMBI and set 180°C for 30 minutes. Place the Combi Crisp pan on the turntable in high position and press START to preheat the pan. Place the dish in the Combi Crisp pan. Press START to begin cooking.
- 4. Allow to stand for 5 minutes before serving.