



**Clare Hegarty Nutrition**  
— HEALTH AND WELLNESS —

## **Mini Frittatas with Red Peppers**

### **Makes 12**

2 small potatoes chopped into small pieces  
1 tbsp rapeseed oil to oil muffin t tray  
2 scallions finely chopped  
¼ courgette finely chopped or grated  
½ red pepper diced  
1 tbsp olive oil  
4 eggs  
200 ml milk  
Handful grated cheese optional  
Salt and pepper optional

1. Preheat the oven to 180°C (fan)/200°C/gas mark 6. Grease a muffin tin with oil.
2. Boil 2 small potatoes and leave to cool – I use leftovers.
3. Heat the olive oil in a small frying pan. Fry the chopped scallion until soft.
4. Add the diced red pepper and cook until soft.
5. Beat the eggs in a jug and add the milk. Stir in the potatoes and vegetables
6. Add cheese and season with salt and pepper
7. Add a handful of grated cheese if you like and season with salt and pepper.
8. Pour mixture into a jug and into the muffin tin and bake for 20 minutes until brown on top and fully set.