

BY MEGAN DAVIES, FOOD STYLIST AND AUTHOR OF HOME BIRD

ROAST DINNER FRITTATA

INGREDIENTS

6 eggs - 2 tablespoons milk or water - 150–200g roast lunch leftovers (vegetables, and meat, if you have it) - 10g freshly chopped parsley - 10g Parmesan - sea salt and freshly ground black pepper - olive oil, for cooking

INSTRUCTIONS

1. Preheat the grill to high.
2. Whisk the eggs and milk with a fork and season. Roughly slice the roast lunch leftovers.
3. Add a drizzle of oil to a medium, non-stick frying pan and put over a high heat. Add the roast lunch leftovers. Fry for 1–2 minutes until piping hot.
4. Meanwhile, add the chopped parsley to the egg mixture and mix to combine.
5. Reduce the heat to low-medium and add the seasoned egg mixture to the pan. Briefly space out the leftovers within the egg mix and then leave to set for about 8 minutes.
6. Once the frittata is almost set, but there is uncooked egg in the centre, grate the Parmesan on top, then transfer to the grill and cook for a further 2–3 minutes, until golden on top and set. Remove from the grill and set aside for a couple of minutes before transferring to a board and serve.