

Omelette & Beans Frittata

Ingredients

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- 4 cooked potatoes, sliced
 - 6 eggs
 - 50ml double cream
 - 2 red onions, chopped
- 50g cherry tomatoes, halved
 - 50g mushrooms, sliced
 - 1 tsp oil
 - 2 garlic cloves, chopped
- 1 chilli, deseeded and sliced
 - 1 pinch mixed herbs
- 1 handful of parsley, chopped
 - 1 pinch salt & pepper
- 1 tin of baked beans, to serve

Method

- 1.** Heat the oil on a low heat, add the onion and mushrooms and fry till soft.
- 2.** Add the garlic and chilli to the pan and stir, lay the potatoes flat on top of the onion and heat for a few minutes, sprinkle over the herbs and seasoning.
- 3.** Break the eggs into a bowl and mix in the cream with a fork and then pour over the potatoes.
- 4.** Add the parsley and tomatoes, cook for a few minutes till you see the sides begin to set.
- 5.** Place under the grill and allow the top to set till its golden brown.
- 6.** Let cool for a few minutes then slice into sections and serve with warm baked beans.