

Baked Feta and Kale Frittata

Ingredients:

2 brown onions

1 tin cannellini beans

1 bunch kale, washed, spun stripped and chopped

2 tea spoons red wine vinegar

6-8 slices bread

8 eggs

1 handful fresh herbs

40g feta cheese

1 handful cherry tomatoes

What to do:

- 1) Preheat oven to 220c. Grease small cake tins. (1 for each table)
- 2) Finely slice onions and cook in a lightly oiled pan until soft and lightly coloured.
- 3) Drain and rinse the beans, add to the pan with the kale.
- 4) Cook lightly for 2mins and wilt slightly.
- 5) Drizzle with vinegar and cool.
- 6) Toast the bread.
- 7) Whisk eggs.
- 8) Chop herbs.
- 9) Slice then crumble the feta.
- 10) Fold the eggs into the kale.
- 11) Arrange the toast in prepared cake tins, cutting and squashing it.
- 12) Stir in herbs and spoon the mixture over toast base.
- 13) Sprinkle with feta and bake for around 15mins.