



# Courgette and spring onion frittata



## Rezept für 4

### Ingredients

2 medium-sized courgettes  
2 spring onions, washed  
2 tbsp olive oil  
1 handful parsley, roughly chopped  
4 eggs  
2 egg whites  
300ml milk  
Salt  
Ground black pepper  
Green part of 1 spring onion

### Preparation

Cut the courgettes and spring onion into slices and fry them briefly in olive oil in a non-stick pan. Add the parsley. Mix together the remaining ingredients, season with salt and pepper to taste and add to the pan. Thicken at a medium temperature, place in a preheated oven and bake with hot air at 200 °C for 6 minutes until golden brown. Cut the green of a spring onion into diagonal strips and fry in a little olive oil until crispy. Turn over the frittata and decorate with the crispy spring onions.

### Anrichten

## Cooking level

With Preheat

6 minutes | hot air setting at 200 °C