

# Mini Frittatas

## Method

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1. Preheat oven to 180°C
2. **Line** a muffin tray with 5 paper cases
3. **Slice** or **dice** your chosen ingredients into small even sized pieces  
*Pieces should be proportionate in size*  
*Use the correct coloured chopping boards and a safety mat*  
*! Do not use raw meat*
4. **Grate** the cheese on a white chopping board
5. **Measure** out the milk into a measuring jug
6. Break the eggs into a small bowl  
*! Wash hands after touching raw eggs*
7. **Beat** the eggs with a fork
8. Add the beaten eggs to the milk in the jug and **mix**
9. Season the egg and milk mixture  
*A generous pinch of salt, plus a pinch of pepper*
10. Add the grated cheese to the egg mixture and **mix**
11. Evenly **portion** out your chosen ingredients into the muffin cases
12. Evenly **portion** out the egg mixture into the muffin cases  
*Fill each case quite high but not all the way to the top*
13. Sprinkle mixed herbs on top of each frittata
14. **Bake** for 16 minutes until golden **[A]**  
*The frittata should 'solid wobble' when ready*
15. After a few minutes transfer the frittatas to a cooling rack

## Ingredients

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- 3 eggs
- 50ml milk
- 50g cheese
- 5 paper muffin cases
- Salt and pepper (school)
- Mixed herbs (school)
- Container
- **Plus choose at least 2:**  
mushrooms, half a bell pepper, small onion, spring onion, cooked meats

## Equipment

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- Blue tray
- Safety mat
- Timer
- Fork
- Vegetable knife
- Measuring spoons
- Dessert spoon
- Small bowl
- Muffin tray
- Chopping boards
- Grater
- Measuring jug
- Cooling rack

## Key Moments



**[A]** Golden mini frittatas