



CREATE HEALTH

Health and Nutrition  
Coaching

# Tuna Frittata

A simple, delicious, versatile dish packed with protein and essential nutrients



prep: 20 mins



6 portions



£0.61p per portion

## Ingredients

- 6 large eggs
- 60ml milk
- 50g grated cheddar cheese
- 1 tbsp butter
- 100g sliced mushrooms\*
- 1/2 a red onion - chopped\*
- 1 can of tuna - drained
- Salt and pepper to taste

\*optional - can substitute with veggies of choice - see reverse for ideas

## Instructions

- Pre heat oven to 180C
- Mix together eggs, milk, seasoning and half the cheese
- Heat butter in frying pan and cook onion and mushrooms until soft
- Tip in tuna spreading evenly across the pan
- Pour in the egg mixture and gently mix everything together
- Cook for a few minutes, gently scraping around the edge of pan with a spatula bringing in the cooked egg and letting the uncooked spread to the outside
- Once egg starting to set, sprinkle rest of cheese on top
- Transfer pan to oven until egg sets (about 10mins)



## Mix and Match

- **Breakfast, lunch, packed lunch, picnic or dinner - choice is yours**
- Use the egg and milk mixture as the basis and then the possibilities are endless. Here are some to try
  - Broccoli and spinach
  - Pea and asparagus
  - Red pepper and cherry tomato
  - Ham and mushroom
  - Pepperoni and olives
  - ...basicially anything you have!
- Serve on it's own, with a side salad or add some new potatoes to make it more substantial

## Good to Know

- You can cook these in a muffin tray to make mini frittatas - just pour mixture into tray and fully cook in oven
- Can be frozen
- Can be eaten hot or cold; reheat in microwave

## Health Benefits

- With tuna, eggs and cheese – this is packed full of protein to keep you full, satisfied and energised for longer.
- A great source of vitamin D – which is important especially as the days become darker.
- Eggs are one of the few nutritionally complete foods – they contain ALL the nutrients that our bodies need.
- Try and buy small variety of tuna such as Skipjack to minimise amount of mercury it contains\*

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