



## MASALA FRITTATA WITH AVOCADO SALSA



**SERVINGS:**  
8-10 CHILDREN



**TIME:**  
50 MINS



**DIFFICULTY:**  
EASY



**COST:**  
££££

### Ingredients:

- 1 tbsps curry paste
- 8 large eggs
- 2 onions, finely chopped
- 500g cherry tomatoes, quartered
- 2 tbsp rapeseed oil
- 1 avocado
- 1 lemon
- 1 red chilli (optional), deseeded & finely chopped
- Small pack coriander, roughly chopped

### Method:

1. Crack the eggs into a mixing bowl and beat
2. Cut and peel the avocado, and cut into long strips
3. Heat a frying pan over a medium heat and add 2 tbsp of oil
4. Add half the chopped onions to the pan & cook for 10 minutes, until soft
5. Add the curry paste & cook for 1-2 minutes
6. Add half the tomatoes & chilli (optional) & cook for around 10 minutes
7. Make the salsa by mixing together the avocado, remaining tomatoes, onion, chilli (optional), half the coriander and half the lemon juice- mix
8. Add the remaining coriander & the cooked onion & tomato mix to the beaten eggs and mix to combine
9. Transfer the egg mixture to an oven-proof pan. Cook on a low heat for around 8-10 minutes and then place under the grill for 3-5 minutes
10. Serve & enjoy!