

# Potato & Spinach Frittata

## Ingredients

$\frac{1}{2}$ an Onion	$\frac{1}{4}$ tsp of salt
1 -2 potatoes	$\frac{1}{4}$ tsp black pepper
3 Eggs	Handful of spinach
50g Parmesan cheese	Oil

## Method

1. Peel and cube the potato
2. Put them on to boil till they are soft (do not overcook them!)-  
Sieve them when cooked.
3. Slice the Onion and chop up the spinach roughly.
4. Whisk eggs and grate in parmesan,
5. Add salt, and black pepper.
6. Add oil to the frying pan and cook the onions.
7. Add in spinach leaves.
8. Add the potatoes and then the egg mixture.
9. Cook like an Omelette.
10. Serve with a sauce of your choice.