

Frittata

Make this easy Italian mushroom spinach frittata recipe with eggs, cheese and vegetables. Perfect for breakfast, brunch or dinner in 40 minutes.

10 min

PREP

30 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 6 egg
- 1 cup heavy cream
- 1 cup zucchini
- 1 cup broccoli
- 1 tbsp olive oil
- 4 scallion
- 2 clove garlic
- 1 pinch salt
- 1 pinch black pepper
- 1 cup cheddar cheese

Instructions

- 1 Prepare the oven and pan**

Preheat oven to 200°C (400°F). Heat 1 tablespoon olive oil in a 10-inch oven-safe skillet over medium heat.
- 2 Prepare the egg mixture**

Crack 6 eggs into a large bowl and whisk with 1 cup milk until well combined. Season with 1 pinch salt and 1 pinch black pepper, whisking until slightly frothy.
- 3 Cook the aromatics**

Mince 2 cloves garlic and add to the heated skillet. Cook for 30 seconds until fragrant but not browned.
- 4 Cook the vegetables**

Add 4 mushrooms (sliced) to the skillet and cook for 4-5 minutes until they release their moisture and turn

golden brown. Add 1 cup fresh spinach and cook until wilted, about 1-2 minutes.

5 **Add eggs to pan**

Pour the beaten egg mixture over the vegetables in the skillet. Use a spatula to gently distribute the vegetables evenly throughout the eggs.

6 **Cook on stovetop**

Cook on medium heat for 4-5 minutes without stirring, until the edges are set and beginning to pull away from the sides of the pan. The center should still be slightly wet.

7 **Add cheese and bake**

Sprinkle 1 cup grated cheese evenly over the top. Transfer the skillet to the preheated oven and bake for 8-10 minutes until the center is just set and no longer jiggly when gently shaken.

8 **Rest and serve**

Remove from oven and let rest for 3 minutes to finish setting. Cut into wedges and serve immediately while warm.

Tips

Use an oven-safe pan, preferably cast iron, for the best results. Cast iron retains heat evenly and creates a beautifully golden bottom crust. Make sure your pan is well-seasoned or lightly greased to prevent sticking.

Pre-cook your vegetables to remove excess moisture. Sauté mushrooms until their liquid evaporates and wilt spinach completely, draining any excess water. This prevents your frittata from becoming watery.

Don't overbeat the eggs - gentle whisking is sufficient. Overbeating can make the frittata tough and rubbery. Mix just until the yolks and whites are combined with a few streaks remaining.

Use the right egg-to-dairy ratio. For 6 eggs, use no more than 1/2 cup of milk or cream. Too much dairy can prevent proper setting, while too little may result in a dense texture.

Watch for doneness carefully. The frittata is ready when the center is just set but still slightly jiggly. It will continue cooking from residual heat after removal from the oven.

Let it rest before cutting. Allow the frittata to cool for 2-3 minutes after baking. This helps it set completely and makes slicing much easier and neater.

Season generously with salt and pepper. Eggs need adequate seasoning to bring out their best flavor. Taste your egg mixture before cooking and adjust seasoning as needed.

Add cheese strategically. Place half the cheese in the egg mixture and reserve half to sprinkle on top before the final baking stage for the best texture and visual appeal.