

Chicken, Broccoli and Pepper Frittata

Serves 2

- 4 Medium sized eggs
- 20g Rolled oats
- 3 tbsp Cottage cheese
- 100g Cooked chicken breast
- 40g Broccoli Florets
- 30g Goats cheese
- 1 sweet pointed pepper, chopped
- 1 tsp chilli flakes (optional)
- Black pepper to season



Method:

1. Crack the eggs into a your Nutri bullet/blender, add the cottage cheese, oats and chili flakes. Whizz up until a smooth mixture is made.
2. Pour the mixture into heatproof casserole dish.
3. Cut the florets into bite size chunks, place in a bowl of shallow water and microwave for 2 minutes
4. Spread the cooked chicken throughout the mixture in the casserole dish, add the broccoli and chopped pepper.
5. Sprinkle over the goats cheese and season with black pepper
6. Place in the oven for 20-25 minutes, until cooked through
7. Serve and enjoy hot or cold.