

Chickpea & Vegetable Frittata

A light and fluffy frittata filled with vegetables and chickpeas



INGREDIENTS

Chick Peas, Onion, Olive Oil, Peas, Corn, Carrots, Cheese, Eggs

SIMPLOT SHORTCUTS substitute using...

Edgell Chopped Onions (40273), **Edgell** Chick Peas (43162), **Edgell** Peas (40009), **Edgell** Diced Carrots (40210) and **Edgell** Corn Kernels (40009)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	30 MINS	8 MINS
PASSIVE COOK TIME <i>(I.E. time in oven)</i>	20 MINS	20 MINS
ACTIVE COOK TIME <i>(I.E. actively engaged in cooking)</i>	6 MINS	6 MINS
TOTAL HANDS ON LABOUR TIME	36 MINS	14 MINS
PER PORTION LABOUR COST <i>(I.E. based on \$22/hour making 10 portions)</i>	\$1.32	\$0.51
PER PORTION FOOD COST	\$1.31	\$1.27
	<i>total cost per portion</i> \$2.63*	<i>total cost per portion</i> \$1.79*

hints, tips and nutrition Facts...

USING SIMPLOT RECIPE

ENERGY
1094kj

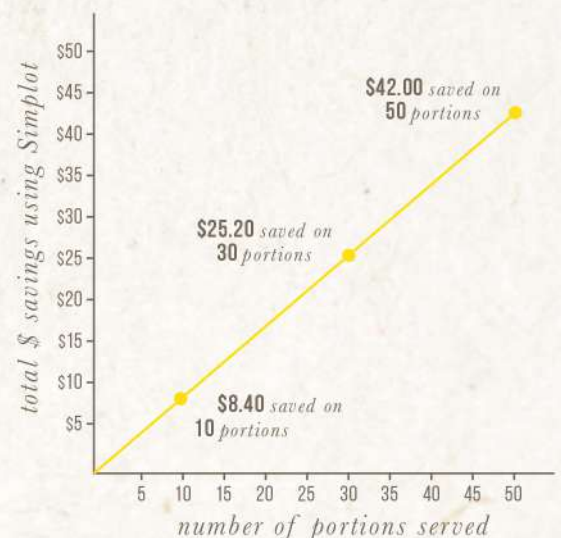
PROTEIN
17g

FIBRE
5g

SODIUM
270mg

Per 196g serve

- ✓ ADD MORE CHEESE TO BOOST PROTEIN AND CALCIUM LEVELS
- ✓ SUITABLE FOR SOFT DIETS
- ✓ LOW IN SALT
- 💡 SERVE WITH EDGELL RUSTIC ROAST POTATOES



*The prices used for Simplot products and ingredients in this brochure are a guide only (as at April 2017). Please contact your Distributor to confirm any pricing. The comparison scratch recipe product prices were obtained via purchases made at major Australian supermarkets during March 2017. The hourly labour rate used for calculations was \$22 per hour.