

# CHORIZIO FRITTATA

I love this recipe. The simplicity of it and the fact that you can vary the ingredients to what you like and what you have available. The basic principle is applicable for any ingredients you want. I served this to some of the technical crew working on the Tom Cruise Mission Impossible 7 film on a set near to my home.

Serves 2

Preparation time 10 minutes

Cooking time 25 minutes

If you have other ingredients in the fridge use them. Ingredients such as bacon, prawns etc. Or use up vegetables such as cooked potatoes, peppers, courgettes, tomatoes etc. A frittata is the “hoover” recipe for left over ingredients.

## INGREDIENTS

½ onion, finely chopped  
50g chorizo, sliced  
2 tsp olive oil  
4 eggs, lightly beaten  
1 tbsp milk  
100g frozen peas, defrosted  
Optional  
85g cooked peeled prawns  
leafy salad, to serve



## METHOD

Heat grill to medium. In a 20cm frying pan, fry the onion and chorizo in the oil over a low heat. Cook for 4-5 mins, stirring occasionally until the onion is soft.

Take the pan off the heat, pour out any excess fat from the chorizo, then stir in the beaten eggs and milk with some seasoning. Stir in the prawns and peas and return to a low heat for 10-12 mins until all but the very top of the frittata is set. Flash it under the grill until golden (keep the handle away from the heat).

Serve in wedges with a leafy salad.