

This tasty frittata can be served as a snack or with a salad for lunch.

Contains eggs
Low lactose
Nut free
Vegetarian



Ingredients	6 serves	25 serves	60 serves
Olive or canola oil	½ tablespoon	2 tablespoons	3 tablespoons
Onion, chopped	1 small	1 large	2 large
Tuna (canned in spring water), drained	185g can	2 x 425g cans	4 x 425g cans
Broccoli florets	1 cup	4 cups	10 cups
Boiled potato (sliced)	1 large	4 large	10 large
Eggs	4	15	40
Sweet corn kernels (frozen), drained	125g	400g	1.25kg
Grated cheese	½ cup	2 cups	5 cups
Lettuce (sliced)	3 leaves	½ medium head	1 medium head
Tomato (sliced)	1 medium	2 medium	4 medium
Wholemeal pita bread	3 medium	13 medium	30 medium

Method

- 1 Preheat oven to 160°C.
- 2 Heat oil in a pan and add onion. Stir and cook until soft but not brown.
- 3 Add tuna, broccoli florets and potato. Gently stir to heat through.
- 4 Whisk eggs in a separate bowl.
- 5 Place vegetable and tuna mix into an ovenproof dish. Add corn.
- 6 Sprinkle grated cheese over vegetable and tuna mix.
- 7 Pour egg mixture into the dish, ensuring good coverage over vegetables, tuna and cheese.
- 8 Bake in oven for 30 minutes or until cooked through.
- 9 Serve with sliced lettuce and tomato and half a pita bread per child.

Tips

For variation, use the same amount of canned salmon instead of tuna.

Each serve provides

- 1 children's serve of meat/alternatives¹ (tuna and egg)
- 1 children's serve of vegetables²
- 1 children's serve of grains³ (pita bread)
- ½ children's serve of milk/alternatives⁴ (cheese)
- a good source of vitamin C

Allergy modifications:

- For an egg free option replace each egg with 1 teaspoon of egg replacer and 2 tablespoons of water.
- For a gluten/wheat free option, serve with gluten free bread/wraps.
- For a soy free option use soy free bread.

Recipe adapted from *Get Up and Grow: Cooking for Children* with permission of the Australian Government.

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

¹ One children's serve of lean meat, poultry, fish or alternatives is equal to half a serve in the *Australian Dietary Guidelines*.

² One children's serve of vegetables is equal to one serve in the *Australian Dietary Guidelines*.

³ One children's serve of (grain) cereal foods is equal to one serve in the *Australian Dietary Guidelines*.

⁴ One children's serve of milk, yoghurt, cheese and/or alternatives is equal to just under half a serve in the *Australian Dietary Guidelines*.

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