**Potato Frittata**

**Fresh from the garden** silverbeet, eggs and local potatoes.

**Kitchen** stovetop, oven and microwave

**Equipment**
- chopping board
- fry pan (non-stick)
- knives – paring and chefs fork
- bowls - 1 scrap bowl 1 medium mixing bowl
- metric measuring spoons
- egg lift
- oven mitt
- 2 dinner plates

**Ingredients**
- 1 potato
- 2 leaves silver beet
- ½ onion
- 1 clove garlic, peeled.
- 2 sprigs parsley
- 5-6 chives
- 3 eggs
- 2 + 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- 3 grinds black pepper

**Interesting terms or techniques.**

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**What to do**

Set out equipment at your workstation.  
Set out ingredients at your workstation.  
Set oven to 200c and turn to fan oven.

Wash and scrub potato. Dry with teatowel.  
Prick potato with paring knife x 4  
Cook in microwave on high for 2 mins. Turn over and cook for another 2 mins. Set aside.  
Wash silver beet and dry by rolling in a teatowel.  
Strip leaves from stems using your knife.  
**ALWAYS CUT AWAY FROM YOURSELF!!**  
Roll leaves together and shred using knife.  
Cut stems into pieces. Put on plate.  
Slice onion and put on plate.  
Beat eggs with fork. Chop herbs and add to eggs. Season with salt and pepper.  
Slice potato and add to eggs.  
Put 2 tablespoons olive oil into non-stick fry pan.  
Turn rear right gas ring on to medium heat and set fry pan over gas.  
When oil is hot add onion and stir with egg lift.  
When onion is translucent add silver beet and garlic cook for a few minutes tossing occasionally.  
Turn off gas. Using an oven mitt hold pan over egg bowl and scrape onion and silver beet to other ingredients.  
Mix gently.  
Put 2 tablespoons olive oil into the same fry pan.  
Turn rear right gas ring on to medium heat and set fry pan over gas.  
When hot gently pour the frittata mix into the frypan.  
Cook till bottom is golden brown. Check using your egg lift.  
Turn off gas.  
Using oven mitt transfer frypan into oven and leave to cook for about 4-5 minutes (till top is set)  
Before removing fry pan from the oven make sure there is a teacher to watch or help.  
**VERY HOT PAN!!!!**  
Slide onto plate. Enjoy!