

# Cabbage and Potato Frittata

**Season:** Summer

**Type:** Main

**Serves:** 28 tastings

**From the garden:** Cabbage & oregano

**Class focus:** Cutting vegetables into thin strips



## Equipment:

Large mixing bowl x 1  
Wooden spoon x 1  
Chopping boards and knives  
Measuring cups  
Measuring spoons  
Grater x 1  
Baking paper  
Deep baking tray x 1  
Serving plate x 5  
Kitchen tong x 5

## Ingredients:

1 cup self-raising flour  
1 ½ cups grated cheese  
5 eggs  
¼ cup mayonnaise  
1 cup milk  
  
1 cabbage (cut into thin strips)  
1 potato (skin-on, roughly grated)  
3 sprigs oregano (leaves only, finely chopped)  
1 teaspoon salt  
10 grinds of pepper

## What to do:

1. Heat oven to 180C.
2. Wash all the vegetables.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Put all the ingredients in a large mixing bowl and stir to combine.
5. Pour vegetable mixture into a lined baking tray, spread it evenly.
6. Bake in the oven for 25 minutes or until golden brown and cooked.
7. Cut into 28 pieces.
8. Serve into 5 serving plates with a kitchen tong in each.