

Ingredients

125 g small new potatoes
125 g shelled broad beans
salt and pepper
1 onion, peeled
225 g courgettes
50 g soft cheese, preferably fresh goat's cheese
4 eggs
30 ml (2 tbsp) chopped thyme
30 ml (2 tbsp) olive oil
125 g cooked peeled prawns
125 g lightly cooked salmon, flaked
whole cooked prawns, to garnish

Method

Cook the potatoes and broad beans separately in boiling salted water until just tender; drain thoroughly. Roughly chop the onion. Slice the courgettes. In a bowl, whisk together the cheese, eggs, thyme and seasoning. Heat the oil in a large shallow flameproof pan. Add the onion, courgettes, potatoes and beans. Cook, stirring, for 2-3 minutes, then add the prawns and salmon. Pour in the egg mixture. As the eggs cook, push the mixture into the centre to allow the raw egg to flow down to the edge of the pan. When the frittata is lightly set, place the pan under a hot grill for 2-3 minutes until golden. Garnish with prawns and serve immediately.