

Frittata

500g leaf spinach
2 table spoons of olive oil
12g basil, shredded
300g courgette, diced
5 anchovy, salted
60g sun-dried tomatoes
25g dried mushrooms
300g Parmesan flakes
60g ricotta
500g Cocovite scrambled egg mix
Salt and pepper

Let the mushrooms soak in water for about 20 minutes. Heat the olive oil in a pan and stew the spinach. Let it drain and mix with the courgettes, anchovy, sun-dried tomatoes, ricotta and the Cocovite scrambled egg mix. Squeeze out the mushrooms and add them to the mixture. Mix with the Parmesan flakes and basil. Season with salt and pepper. Divide the mixture over two cake moulds or several smaller moulds. Bake for 30 minutes at 180°C.

