

# Salmon, Leek and Goat's Cheese Frittata

Frittata's are an absolute staple in our house. There is no shortage of combinations and it is a really great way to use up food in the fridge such as herbs, cheeses, cold meats and vegetables. They are quick, easy, economical and damn well tasty! You will continuously see different combinations of these delectable delights on my blog!

You will need

Serves 3 as a meal or 4 as a snack

Olive oil and butter for frying (just a little)  
6 large eggs  
1/2 a cup of light cooking cream  
1/2 a cup of grated parmesan cheese  
1 leek, washed and finely sliced (white part only)  
grated rind of 1 lemon  
210gm of tinned red salmon, drained and broken up  
50gm of baby spinach leaves, roughly chopped  
100gm of soft goat cheese, crumbled  
sea salt and cracked black pepper  
lemon wedges and a crisp green salad to serve  
Extra virgin olive oil for drizzling

In a large bowl whisk the eggs, cream and parmesan cheese until well combined. Season with salt and pepper and set aside.

Heat a frypan to a medium heat and grease with a little butter. Fry the leeks and lemon rind until soft and fragrant. Add the tinned salmon and baby spinach leaves and fry until the spinach softens. Pour over the egg mixture and crumble the goats cheese over the top, reduce the heat to low and cover with a lid. Cook for approximately 10 minutes or until the frittata is almost cooked right through. Remove the lid and place the pan under a grill (cover the handle with foil if it is not oven proof) and grill until the top of the frittata is lovely and golden. Slice into wedges and drizzle with a little extra virgin olive oil and serve with the lemon and salad.

See.....simple!!