

### **Basil Lemon Sweet Pea Frittata**



Recipe Rating				
Total Time	70 Minutes			
Cooking Time	55 Minutes			
Total Labour	15 Minutes			
Knife Skills	Basic			

### Equipment

Chef's knife/Peeler/Cutting Board Spoon/Whisk Mixing Bowl or Pan ½ size- 2" deep production pans Bulk Retherm Cart (or regular oven) **or** Tray Service Retherm Cart

### Nutrition Facts Valeur nutritive

Amount   % Daily Value     Teneur   % valeur quotidienne     Calories / Calories   80     Fat / Lipides   5q   7%     Saturated / satures   2g   +     + Trans / trans   0q   10%     Cholesterol / Cholesterol   95mq   95mq     Sodium / Sodium   170mq   7%     Carbohydrate / Glucides   4q   1%     Fibre / Fibres less than 1q   3%     Sugars / Sucres   2q     Protein / Proteines   5g     Vitamin A / Vitamine A   1%     Vitamin C / Vitamine C   10%     Calcium / Calcium   6%     Iron / Fer   4%	Per 1 serv (66g) / par 1	Per 1 serv (66g) / par 1 serv (66g)				
Calories / Calories 80     Fat / Lipides 5q   7%     Saturated / satures 2g     + Trans / trans 0g   10%     Cholesterol / Cholesterol   95mq     Sodium / Sodium 170mq   7%     Carbohydrate / Glucides 4q   1%     Fibre / Fibres less than 1q   3%     Sugars / Sucres 2q   9     Protein / Proteines 5g   5g     Vitamin A / Vitamine A   1%     Vitamin C / Vitamine C   10%     Calcium / Calcium   6%	Amount	% Daily Value				
Fat / Lipides 5g   7%     Saturated / satures 2g   +     + Trans / trans 0g   10%     Cholesterol / Cholesterol   95mg     Sodium / Sodium   170mg     Sodium / Sodium   170mg     Sodium / Sodium   170mg     Sodium / Sodium   170mg     Sugars / Succes   2q     Protein / Proteines   5g     Vitamin A / Vitamine A   1%     Vitamin C / Vitamine C   10%     Calcium / Calcium   6%	Teneur	% valeur quotidienne				
Saturated / satures 2g     + Trans / trans 0g   10%     Cholesterol / Cholesterol   95mg     Sodium / Sodium 170mg   7%     Carbohydrate / Glucides   4g   1%     Fibre / Fibres less than 1g   3%     Sugars / Sucres   2g     Protein / Proteines   5g     Vitamin A / Vitamine A   1%     Vitamin C / Vitamine C   10%     Calcium / Calcium   6%	Calories / Calories 8	0				
+ Trans / trans 0q   10%     Cholesterol / Cholesterol   95mq     Sodium / Sodium 170mq   7%     Carbohydrate / Glucides   4q   1%     Fibre / Fibres less than 1q   3%     Sugars / Sucres   2q     Protein / Proteines   5g     Vitamin A / Vitamine A   1%     Vitamin C / Vitamine C   10%     Calcium / Calcium   6%	Fat / Lipides 5g	7%				
Cholesterol / Cholesterol 95mg     Sodium / Sodium 170mg   7%     Carbohydrate / Glucides 4g   1%     Fibre / Fibres less than 1g   3%     Sugars / Sucres 2g   9     Protein / Proteines 5g   5g     Vitamin A / Vitamine A   1%     Vitamin C / Vitamine C   10%     Calcium / Calcium   6%	Saturated / satures	2g				
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Carbohydrate / Glucides   4g   1%     Fibre / Fibres less than 1g   3%     Sugars / Sucres   2g     Protein / Proteines   5g     Vitamin A / Vitamine A   1%     Vitamin C / Vitamine C   10%     Calcium / Calcium   6%	Cholesterol / Cholest	erol 95mg				
Fibre / Fibres less than 1q   3%     Sugars / Sucres 2q   2     Protein / Proteines 5g   5g     Vitamin A / Vitamine A   1%     Vitamin C / Vitamine C   10%     Calcium / Calcium   6%	Sodium / Sodium 170	)mg 7%				
Sugars / Sucres 2q     Protein / Proteines 5g     Vitamin A / Vitamine A     1%     Vitamin C / Vitamine C     10%     Calcium / Calcium	Carbohydrate / Glucio	des 4g 1%				
Protein / Proteines   5g     Vitamin A / Vitamine A   1%     Vitamin C / Vitamine C   10%     Calcium / Calcium   6%	Fibre / Fibres less t	han 1g 3%				
Vitamin A / Vitamine A 1%   Vitamin C / Vitamine C 10%   Calcium / Calcium 6%	Sugars / Sucres 20					
Vitamin C / Vitamine C     10%       Calcium / Calcium     6%	Protein / Proteines 5	ig				
Calcium / Calcium 6%	Vitamin A / Vitamine A	1%				
	Vitamin C / Vitamine C	10%				
Iron / Fer 4%	Calcium / Calcium	6%				
	Iron / Fer	4%				

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Basil, Fresh	38 gm	1.3 oz	76 gm	2.6 oz
Onions, Fresh, Diced	50 gm	1.8 oz	100 gm	3.6 oz
Feta Cheese, Crumbled	125 gm	4.4 oz	250 gm	8.8 oz
Green Peas, Fresh (or Frozen)	220 gm	7.8 oz	440 gm	15.6 oz
Lemon Juice	10 mL	2 tsp	20 mL	1.3 Tbsp
Liquid Egg	800 mL	27.1 fl oz	1.6 L	1.7 quarts
White Pepper	2 mL	½ tsp	4 mL	1 tsp
Milk, 2%	400 mL	13.5 fl oz	800 mL	27 fl oz
Red Pepper, Fresh, Diced	50 gm	1.8 oz	100 gm	3.6 oz

### Method



1. Wash basil leaves. Remove core and wash red peppers. Peel onions.

Dice red peppers and onions. Finely chop basil.

2. In a bowl, combine all ingredients and whisk until blended.

Transfer to a  $\frac{1}{2}$  size- 2" deep production pan that has been prepared with nonstick spray (or coated with butter).

### Place pan in Multigen for 55 minutes.



3. **Bulk:** Remove from Multigen and cut into square cut portions.

**Cold Plating:** allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.



4. Divide portions equally into service dishware by serving size.

Serve Hot.

Garnish: Basil leaf

Food Accompany: Roasted vegetables, Savory Smashed Potatoes

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