

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				
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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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