

## 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) <b>or</b> Tray Service Retherm Cart

Nutrition Facts Valeur nutritive	
Per 1 serv (66g) / par 1 serv (66g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b>	<b>80</b>
<b>Fat / Lipides</b> 5g	<b>7%</b>
Saturated / satures 2g + Trans / trans 0g	<b>10%</b>
<b>Cholesterol / Cholesterol</b>	<b>95mg</b>
<b>Sodium / Sodium</b> 170mg	<b>7%</b>
<b>Carbohydrate / Glucides</b> 4g	<b>1%</b>
Fibre / Fibres less than 1g	<b>3%</b>
Sugars / Sucres 2g	
<b>Protein / Proteines</b>	<b>5g</b>
Vitamin A / Vitamine A	<b>1%</b>
Vitamin C / Vitamine C	<b>10%</b>
Calcium / Calcium	<b>6%</b>
Iron / Fer	<b>4%</b>

	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 ½ 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**

