



Frittata (Cheesy Capsicum Omlette) Recipe

Ingredients

- Tablespoons Oil
- Onion (Chopped)
- Shimla Mirch (green capsicum)
- Egg (Beaten)
- Tablespoons Maida
- Cup Milk
- Pinch Salt (To Taste)
- Pinch Black Pepper Powder
- Cup Cheddar Cheese

Instruction

1. Prepare ingredients as mentioned in the list.
2. Heat olive oil in a non-stick frying pan and sauté onions till golden brown. Add capsicum and sauté for 2-3 minutes.
3. In a bowl, beat eggs and then add the maida and milk and mix well. Season with salt and pepper. also mix in $\frac{3}{4}$ cup of grated cheese. Add the egg mixture to onions and capsicum in the frying pan. Stir the mixture for a minute, scrambling the base as it begins to set.
4. Then sprinkle remaining grated cheese on the top. Cook covered over low heat till eggs are set and the base is golden brown. Serve hot with toasted bread.

Nutrition

Carbohydrates	6.95 g
Energy	215 kcal
Fats	16.05 g
Protein	11.17 g

35 Minutes

6 Servings