



Vegetable Frittata

Ingredients

- 4 cloves Garlic
- 1 pc Onion
- 2 pcs Tomato
- 2 tbsp Olive Oil
- 1 cup Broccoli Florets
- 0.5 cup Mushrooms
- 1.5 sachets MAGGI® Magic Sarap® 8g
- 6 pcs Egg
- 0.25 cup Cheese
- 1 tbsp Parsley

Instruction

1. Sauté garlic, onion and tomato in olive oil. Add broccoli and mushroom. Season with 1 sachet of MAGGI® MAGIC SARAP®
2. Beat eggs and season with remaining ½ sachet of MAGGI® Magic Sarap®. Pour egg in the pan and add cheese and parsley. Gently stir until barely set.
3. Cover with plate, flip and slide back in the pan to cook the other side. Remove from the pan and set aside. Cut into serving pieces, transfer on a serving plate and serve warm.

Nutrition

Carbohydrates	5.25 g
Energy	157 kcal
Fats	11.26 g
Protein	8.93 g

45 Minutes

6 Servings