

# AIR FRYER FRITTATA



## SERVING SIZE

1



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
4 Eggs	4	Handful Of Chopped Spinach	
Mature Cheddar Cheese, Grated (Maintenance Only)	50g/2oz	Fresh Chopped Herbs	
Mushrooms	1 Cup	Green Onion	1
Cherry Tomatoes	4	Pinch Of Salt	



## PREPARATION

- Preheat your air fryer to 350°F (180°C).
- Slice the mushrooms, halve the cherry tomatoes, chop the spinach, fresh herbs, and green onion.
- In a mixing bowl, crack the eggs. Add a pinch of salt and whisk them together until the yolks and whites are well combined.
- Add the sliced mushrooms, halved cherry tomatoes, chopped spinach, fresh herbs, and green onion to the whisked eggs. Mix everything together, ensuring the ingredients are evenly distributed.
- Lightly grease the air fryer basket with cooking spray or a small amount of oil to prevent sticking.
- Pour the egg and vegetable mixture into the preheated air fryer basket. Use a spatula to evenly spread out the ingredients.
- Place the filled basket in the preheated air fryer and cook at 350°F (180°C) for about 10-12 minutes.
- Check the frittata's doneness by inserting a toothpick or knife into the center. If it comes out clean, the frittata is cooked.
- Sprinkle the grated cheddar evenly over the cooked frittata.
- Place the frittata back in the air fryer and cook for an additional 1-2 minutes, just until the cheese melts.
- Carefully remove the air fryer frittata from the basket and transfer it to a serving plate. You can garnish it with extra fresh herbs if desired.
- Enjoy!