



**When we were in a really bad situation about 4 years ago I cobbled a Frittata together on the camp stove. It tasted outstanding, but that Might have been because we were really hungry and the Eggs were found and a lot of the ingredients were foraged. It's good to go back to an old favourite with a a new cooking gadget?.**

### **Ingredients:-**

3 Potatoes, peeled and thickly sliced  
1 Onion, finely diced  
¼ Of a Red Pepper, sliced  
¼ Of a Green Pepper, sliced  
¼ Of a Yellow Pepper, sliced  
1 Spring Onion, sliced  
¼ Of a stick of Chorizo, thinly sliced  
3 Rashers of Streaky Bacon, chopped  
Smoky Maple Bacon Seasoning (!)  
4 Eggs, beaten  
200g of (Lactose free for us) Cheese, grated  
A Slug of Milk (Lactose free again for us)  
Oil to fry  
Salt & Pepper to season  
Mixed Herbs

### **Method:-**

(1) Par-Boil the Potatoes to soften slightly.

- (2) Drain and set aside.
- (3) Fry the vegetables and then add the Chorizo and Bacon.
- (4) Mix the Eggs, Milk and Cheese in a bowl.
- (5) Season the meats and vegetable mix and set aside to cool.
- (6) Heat the Air Fryer to 180c to 190c.
- (7) Mix everything in a large bowl.
- (8) Line a perforated circular baking tray with cooking Parchment paper.
- (9) Pour everything into the tray and pop in the Air Fryer.
- (10) Check and turn so it is cooked and solid throughout.
- (11) Turn out and separate from the Parchment to serve.

**As is the gig with Air Fryers this was all about preparation and timing. However the end result was really tasty and certainly filling.**