



OK so a Frittata isn?t really Welsh, but if you don?t tell them, we won?t?..

Ingredients:-

200g of pre-cooked Octopus Tentacles

200g of pre-cooked Prawns

1 Jar of Cockles, drained

½ an Onion, finely diced

1 Spring Onion, sliced

4 Mushrooms, sliced

2 Medium Potatoes, sliced

2 Cloves of Garlic, minced

100g of Laverbread

4 Eggs, beaten

200ml of Milk (Lactose free for us)

2 Tbsp of Ground Cashew Nuts

Oil to fry

Salt & Pepper to season

1 Tsp of Mixed Herbs

50g of Lactose free Cheese, grated

Bolito flakes to Garnish

Method:-

(1) Par Boil the Potatoes and set aside to cool.

(2) In a large frying pan on a medium heat add a little Oil and fry the Onions until softened.

- (3) Add the Garlic and fry for a further minute.
- (4) Add the Mushrooms and Spring Onion & season with Salt & Pepper.
- (5) Add the cooled Potatoes and fry for a few minutes.
- (6) Add the Ground Cashew Nuts to the Milk along with a little of the Mixed Herbs.
- (7) Whisk until combined.
- (8) Add the Egg and whisk until combined.
- (9) Pour the mixture into the frying pan and cook for a few minutes until half set.
- (10) Add the Octopus Tentacles, Cockles, Prawns and Laverbread.
- (11) Continue to cook until set.
- (12) Add the Cheese and place under the grill until the Cheese melts.
- (13) Garnish with Bonito Flakes and serve.

For a totally made up recipe this was outstanding. Maybe not traditional, yet?..