

**Gasmate®**

ZUCCHINI FRITTATA WITH SMOKED SALMON



BBQ

Camping
Stove

Café style breakfast, versatile for the whole family. Can be eaten on its own as a vegetarian option or topped with just about anything. It is also great for lunch with a side salad!

Serves 6 people

Prep Time 25 Minutes

	26cm fry pan
8 large	Eggs
1½ cups	Zucchini (grated)
¾ cup	Tasty cheese
130g	Philadelphia Chive & Onion cream cheese
½ tsp	Salt
100g	Smoked salmon
	Pepper to taste
	Canola oil spray (nonstick)

1. In a large bowl add eggs, salt and pepper to taste and whisk with a fork.
2. Add 2 Tablespoons of Philadelphia chive and onion cheese and mix through breaking down the cheese lumps as much as possible. It is ok for small lumps to remain.
3. Add grated zucchini and tasty cheese. Stir mixture until all combined.
4. Spray frypan with a generous coat of canola oil spray and pre-heat on stove top medium heat.
5. Pour egg mixture into fry pan, cover with lid or foil tightly (shiny side down) and reduce heat to low.
6. Let cook for approximately 20 minutes or until egg is cooked through to the center.
7. Once cooked, cut into 6 wedges and serve on plates. Top with smoked salmon, some chive and onion cream cheese and with any sides of your choice.
 - If you don't fancy smoked salmon some other suggestions: Bacon or chorizo Avocado or tomato or sauté mushrooms
 - The frittata can also be cooked in a hooded BBQ using a cast iron frypan. Set all burners to high heat and pre heat BBQ to approximately 200 degrees. Once egg mixture is in frypan, place it on the BBQ hot plate and reduce BBQ hot plate burners to low for those burners. Cook the frittata until it is cooked through to the center – approx. 10-15 minutes.

THE OUTDOORS MADE EASY.