

## Zucchini, Mint and Basil Frittata

<i>Ingredients</i>	<i>Quantity</i>
Organic Zucchini	2 pcs
Organic Whole Large Eggs	15
Fine Sea Salt	2-1/2 tsp
Black Pepper	1-1/2 tsp
Chopped Fresh Mint	2-1/2 tsp
Chopped Fresh Basil	2-1/2 tsp
Grated Parmesan Cheese	3 TBSP



### *Procedure*

1. Preheat oven to 400 F. Peel the zucchini and cut them in julienne style or dice.
2. Season the zucchini with a touch of fine salt.
3. Beat the eggs with a fork until frothy. Add salt, pepper, parmesan and the chopped herbs.
4. Add the previously cut zucchini into mixture and pour over the **Silpat® Entremet** previously brushed with oil.
5. Bake in the oven at 400 F for about 20 minutes, the surface should golden brown. Do not overcook!
6. Allow to rest for a few minutes before removing from mold. The frittata can be inverted onto a large plate or platter.
7. Cut into squares, serve with a salad or enjoy by itself.

### *Substitution Notes:*

*Substitute parmesan cheese with other type of cheese ie. Gruyere, Cheddar. Otherwise an extra pinch of salt will do if no cheese is added.*

### RECIPE DIFFICULTY LEVEL



**EASY**



MODERATE



CHALLENGING



PROFESSIONAL

### *Tools & Equipment*

- **Silpat® Entremet**
- Half sheet baking tray (13"x18")
- Spatula, fork
- Measuring spoons
- Chef's knife
- Cutting board
- Metal or glass bowl for mixing