

THE RIVER CAFE LOOK BOOK



PHAIDON

SPINACH AND
PROSCIUTTO FRITTATA

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Once you've mastered one frittata, you can try many seasonal variations: tomato and zucchini (courgette) in the summer, spinach and Parmesan in the winter, asparagus in the spring and mushrooms in the autumn.

SPINACH AND PROSCIUTTO FRITTATA

Ingredients:

500g (1 lb 2 oz) **spinach**,
tough stalks removed
sea salt and freshly ground
black pepper
50g (3½ tablespoons) **butter** (divided)
4 large (extra-large) **eggs**
100g (1½ cups) freshly grated
Parmesan (divided)
2 tablespoons **olive oil**
4 large slices **prosciutto**

Serves 6

SPINACH AND PROSCIUTTO FRITTATA

- 1. Preheat the oven to 230°C/Gas Mark 8 (450°F).**
- 2. Bring a large saucepan of salted water to the boil.**
- 3. Add the spinach to the pan and boil for 2 minutes.**
- 4. Drain the spinach in a colander.**
- 5. Put the spinach in a bowl and season with salt and pepper.**
- 6. Mix in half the butter with a spoon.**
- 7. Leave to cool.**
- 8. Break the eggs into another bowl and lightly beat with a fork.**
- 9. Stir in the spinach and half the Parmesan, then season with salt and pepper.**

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- 10.** Heat the olive oil in a large frying pan over a medium heat, carefully tilting the pan to coat the entire surface.
- 11.** Add the egg mixture and reduce the heat.
- 12.** Cook, loosening the side from time to time with a spatula, until just set.
- 13.** Scatter over the remaining Parmesan and knobs of butter.
- 14.** Bake in the oven for 1–2 minutes until it rises and the edges are crisp.
- 15.** Carefully remove the frittata from the oven using oven gloves.
- 16.** Loosen the frittata from the pan with a spatula.
- 17.** Turn onto a warm plate and top with prosciutto.