



The COOK'S Choice

Potato, Bramley Apple, Herb and Tuna Frittata

 **Preparation time:** 5 minutes

 **Cooking time:** 15 minutes

 **Serves:** 2-4

Ingredients

I have always enjoyed canned tuna; it is very versatile and very good for you. My grandma loved the stuff, and would eat it with pickled or raw onions.

Like all canned fish it needs little or no cooking at all, all you want to do is warm it gently so it does not dry out.

I first cooked a version of this on 'This Morning' and it went down very well. Here I've used the same principle, but added some Bramley apple, this gives the whole dish a different edge.

I like to eat this sort of food in front of the television, or if I'm on my own, and can't be bothered to cook a full blown meal, it is so simple, you'll be amazed.

2 tbsp olive oil

1 large Bramley apple, peeled, cored and roughly chopped

225g cooked potatoes, small cubes

½ small onion, chopped very finely

2 x 185g cans tuna, drained

4 large eggs

2 tbsp of cold milk

1 tsp dried oregano

50g mature Cheddar, grated

salt and freshly milled black pepper

Heat the oil in a non-stick frying pan, add the apple pieces and cook for 5 minutes, or until they soften slightly.

Add the potatoes, and then cook for a few minutes to take a little colour.

Sprinkle on the raw onion and tuna fish.



In a bowl, whisk together the eggs, milk, and oregano, season well.

Pour over the potato mixture, sprinkle on the cheese and place under a hot grill or into a hot oven (200 °C, Gas Mark 6) until risen and set, about 5-8 minutes.

Cut into wedges, and serve hot or cold with a blob of mayonnaise.

Good supper food and even better picnic food, cold.

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