

1. Crack the eggs

- Crack the eggs into the mixing bowl carefully.
- Look for any shell that has fallen in and remove it.



2. Add the other ingredients

- Add the rest of the ingredients into the bowl.
- Gently fold the mixture with a fork to combine.



3. Into the tray

- Pour the mixture into the baking tray.
- Smooth out the ingredients to make sure they are evenly spread.



4. Cook

- Let an adult put the tray into the oven at 180°C for 30 minutes.



5. Cool

- Let the frittata cool and an adult cut it into fingers.
- Look how the mixture has changed now it has been heated.



6. Eat

- Take a frittata finger and taste it.
- What do you think of the texture?



7. Clean Up

- Tidy up your space.
- Throw rubbish in the bin.
- Wash your hands.

