



Zucchini Frittata

Ingredients

- 2 cubes Maggi® Chicken Bouillon
- 0.25 cup Water
- 800 g Zucchini
- 3 pieces Eggs
- 2 tsp Baking Powder
- 20 g Flour
- 1 tsp Ground Black Pepper
- 3 tbsp Vegetable Oil
- 3 Mediums Tomatoes

Instruction

1. Dissolve MAGGI® Chicken Bouillon cubes in hot water and set aside to cool.
2. Grate zucchinis with a large grater and place in a sieve to drain excess juice.
3. Combine eggs, baking powder, flour and black pepper and beat well until they become foamy. Add slightly cooled MAGGI® Chicken Bouillon and fold in the grated zucchinis.
4. Heat oil in a non-stick pan until it is hot. Pour in a spoonful of the mix, reduce heat and fry for about 5 mins, flip and fry for another 5 mins until frittatas are cooked and the outside is crispy. Repeat and finish mixture.
5. Place on kitchen paper to absorb excess oil.
6. Serve with a side of hot sauce.
7. Tip: For a light recipe, pour complete mixture in a non-stick oven dish and bake in a preheated oven at 180° C for about 15 mins.

Nutrition

Carbohydrates	10.69 g
Energy	153.38 kcal
Fats	10.7 g
Protein	5.84 g

15 Minutes

6 Servings