

Artichoke Frittata

Ingredients (serves 4)

- 8 small Artichoke
- 1 Tbsp lemon juice
- 2 garlic cloves
- 1 Tbsp olive oil
- 5 eggs
- salt
- freshly ground peppers
- 1 pinch Chili powder
- 2 Tbsps chopped parsley

Instructions

1. Clean artichokes, rinse and remove hard outer leaves, cut stems. Cut artichokes into quarters and drizzle with lemon juice.
2. Peel garlic and crush with the palm of your hand. Heat oil in a pan and saute garlic briefly. Remove from the pan and saute artichokes in the pan for about 10 minutes, stirring.
3. Beat eggs and season with salt, pepper and chili powder. Add parsley and pour eggs over artichokes evenly. Bake in preheated oven at 200°C (approximately 400°F) for about 5-10 minutes. Remove from the oven and serve.

