



quality pork cuts  
from Cookstown



lovingly  
prepared by  
our chefs



for recipes you  
can enjoy and  
try at home!



# crispy bacon frittata

*with spinach, served with  
wheaten bread & salsa!*

## lets cook...

1. Pre-heat the grill to a moderate heat.
2. Dry fry the bacon in a non-stick frying pan over a moderate heat until crispy. Remove from the pan and set aside.
3. Add the butter to the pan and, when ready, add the beaten eggs, bacon, potato and spinach and stir gently until the bottom starts to set.
4. Cook for 5 -10 minutes and then finish off under the grill until set.

## time to dish up...

To serve, invert onto a serving plate so that you see a nice golden top and cut into 8 wedges. Stack two wedges on each plate and add a generous dollop of spicy tomato salsa, some crisp salad leaves and fresh wheaten bread.

## enjoy... now or later!

Frittata is delicious eaten hot or cold so this tasty meal can be prepared in advance.

*serves 4*

## ingredients

- 125g Cookstown Smoked Bacon (cut into small cubes)
- 1/2 tbsp butter
- 7 large eggs\* (lightly beaten and well-seasoned)
- 1 potato (peeled, cooked and cut into cubes)
- 2 handfuls of spinach

## serving suggestion

- crisp salad leaves
- wheaten bread
- spicy tomato salsa

## \*eggs

The taste will vary depending on the quality of the eggs you buy. Aim for free-range, but organic is even better.

