

# Salmon & Ricotta Frittata



 Serves: 6    Prep: 5 minutes    Cook: 1 hour 5 minutes    [Stack Cup](#)

Frittatas are the perfect meal for breakfast, lunch or dinner. They are a great way to use up leftovers and packed full of protein due to the humble egg. This low FODMAP version uses salmon and ricotta. However, you could add an endless array of low FODMAP veggies or substitute salmon from a protein of your choice!

[Metric](#)   [Imperial](#)

## ingredients

6 baby potatoes

450 g

Olive oil spray

8 eggs, lightly beaten

	<b>464 g</b>
Ricotta	<b>300 g</b>
3 Tbsp parsley, finely chopped	<b>5 g</b>
2 salmon fillets, diced	<b>230 g</b>
½ cup green peas	<b>75 g</b>

## Method

Step 1

Preheat oven to 180°C/356°F.

Step 2

Place the potatoes in a saucepan, cover with cold water and bring to the boil. Cook for 15 minutes or until just tender. Refresh under cold water, then drain. Slice into 1cm rounds.

Step 3

Lightly grease a 27cm/10.6" diameter, glass baking dish using olive oil spray.

Step 4

Place the potatoes in a single layer over the base of the baking dish. Season with salt and pepper.

Step 5

Combine the remaining ingredients in a bowl and stir to combine.

Step 6

Pour egg mixture over the potatoes and bake in the oven for approximately 40 minutes, or until cooked through.

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## Hints

Image credit: <http://www.taste.com.au/recipes/smoked-salmon-potato-frittata/028912ad-c5cc-4fc4-b9f0-cae3b04a9481>

