KIKKOMAN

Turkey and veg frittata

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,303 kJ / 550 kcal

Fat: **28 g** Protein: **38 g**
Carbohydrates: **27 g**

INGREDIENTS

2 portion(s)

2.5 tbsp	vegetable oil
0.5	red onion, chopped
150 g	minced turkey
0.25	courgette, thinly sliced
100 g	tinned sweetcorn
6	eggs
2.5 tbsp	plain yoghurt
2.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	pepper
100 g	mozzarella cheese
200 g	cherry tomatoes
0.5 tsp	honey
1 handful	of lettuce leaves

PREPARATION

Step 1

1 tbsp vegetable oil - **0.5** red onion, chopped - **150 g** minced turkey - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.25** courgette, thinly sliced - **100 g** tinned sweetcorn
Heat the vegetable oil in a pan and sauté the chopped onion, turkey, Kikkoman Soy Sauce and courgette for about 5 minutes, until the liquid has evaporated. Stir in the drained tinned sweetcorn and cook for 1 more minute, then leave to cool slightly.

Step 2

6 eggs - **2.5 tbsp** plain yoghurt - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** pepper - **1 tbsp** vegetable oil
Whisk the eggs with the plain yoghurt, Kikkoman Soy Sauce and pepper. Add the cooled turkey and vegetable mixture and stir to combine. Heat the vegetable oil in an oven-safe frying pan, pour in the egg mixture and cook over a low heat for 5 minutes.

Step 3

100 g mozzarella cheese - **100 g** cherry tomatoes
Arrange the halved cherry tomatoes cut-side up over the frittata and top with the torn mozzarella. Transfer the frying pan to a preheated oven at 180°C and bake for around 20 minutes, or until the egg is fully set.

Step 4

0.5 tbsp vegetable oil - **0.5 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** honey - **100 g** cherry tomatoes - **1 handful** of lettuce leaves

Whisk together the vegetable oil, Kikkoman Soy Sauce and honey. Toss with the lettuce and halved cherry tomatoes. Serve on the side with the frittata.