

Vegan Frittata

Ingredients

For the Veggies:

1 tbsp oil
1/2 large (100 g) onion diced
1 medium (120 g) bell pepper diced
1 small (120 g) sweet potato grated
1/2 cup (80 g) zucchini diced
1/2 cup (80 g) tomato diced.
1/2 cup (75 g) peas thawed
2-3 cloves garlic minced

For the Batter:

1 cup (240 ml) water or vegetable broth
1 1/4 cup (150 g) chickpea flour
1/4 cup (30 g) tapioca flour
2 1/2-3 tbsp (20 g) nutritional yeast optional
1 tsp baking powder
1 tsp sea salt
1/4 tsp black salt or use more sea salt
3/4 tsp Italian spice mix
1/2 tsp black pepper or to taste
1/4 smoked paprika
1/4 tsp ground cumin

Instructions

- 1.Heat 1 tablespoon oil in a non-stick skillet.
- 2.Add cut onion,1/2 tsp of salt, diced bell pepper and grated sweet potato.
- 3.Fry on medium heat for 6 minutes.
- 4.Add diced zucchini, diced tomato, thawed peas, and garlic.
- 5.Fry on medium heat for 4 minutes.
- 6.Put off the heat after it is cooked, and we will make batter.

Preheat oven to 350 degrees F. Skip if using stove top method.

1. Make the batter in a medium bowl (500g).
2. Add chickpea flour, tapioca flour, nutritional yeast, baking powder, and all spices. Do not add salt if your spices have salt.
3. Stir with a whisk to combine.
4. Add water in 1/2 cup portions, stirring continuously until there are no lumps. Batter should be slightly thick not watery.

Assemble for baking (Skip if using stovetop method)

1. Use a casserole dish or oven friendly pan/skillet or muffin pan.
2. Grease the bottom and sides with olive oil or vegan butter.
3. Add the veggies on the pan.
4. Pour the chickpea batter on top of veggies. Stir to make sure veggies are coated with batter.
5. Bake in the oven for 30-35 minutes. check after 30 minutes.
6. The edges of the frittata should be golden brown, and you should spot cracks everywhere.

Stovetop Method

1. Follow the same steps above but instead of baking it in the oven, use a skillet (preferably a 9 inch or 10 inch)
2. Pour the batter on top of veggies. Stir to ensure the veggies are coated with batter.
3. Cover the skillet with a lid. Cook on low to medium heat for about 12-15 minutes.
4. Grease a large plate with a little oil. Place it on top of the skillet and carefully flip both, the skillet and the plate.
5. Transfer the inverted frittata back to the skillet, add a lid and cook for a further 10 minutes on low to medium heat.
6. Invert the frittata on a plate and garnish with fresh herbs. Enjoy warm or cold!

Pair it with Argula salad or roasted potatoes or bowl of fruit.

Notes

1. Do not flip frittata with a spatula on stovetop method as it will break.
2. Tapioca flour will make frittata fluffy or egg like else texture will be dry.
3. Black salt gives the sulfur taste of egg and is optional.
4. Yeast will give somewhat cheesy flavor and is optional.
5. If veggies have water, batter should be thicker.
6. You can substitute or add more of one vegs - Spinach, broccoli, mushrooms are some suggestions.
7. Ground cumin and smoked paprika give an earthy flavor. This pairs well with chickpea flour.
8. If batter is watery, will need more time to cook and did not work well for us in baking.
9. This recipe will give 6-8 slices.