

# cheesy boerie breakfast frittata

Serves 8

Hand-on time: 30 minutes

Hands-off time: 1 hour

## INGREDIENTS

5 slices SASKO Low GI Seeded Whole Wheat Brown Bread

2 tbsp oil

1 onion, sliced

1 punnet (250g) mushrooms, sliced

350g boerewors, sliced into 2cm slices

1 cup halved cherry tomatoes

10 large eggs

½ cup cream

1 tbsp chopped chives, plus extra for the garnish

½ tsp each salt and pepper, to season

1 cup grated cheddar cheese

1 round (100g) feta cheese

## Serving suggestion:

Tomato and herb salsa

## METHOD

1. Preheat the oven to 200°C, no-fan assist. Line a large baking tray with baking paper and grease a 20x30cm baking dish with non-stick spray.
2. Slice the SASKO Low GI Seeded Whole Wheat Brown Bread into 2cm cubes and arrange it on the tray in an even layer. Drizzle the bread with 1 tablespoon of oil and place the tray in the oven. Allow the bread cubes to toast for about 12-14 minutes, turning half-way through. Remove from the oven, allow to cool and lower the oven temperature to 170°C.
3. Heat the remaining oil in a large pan over a medium heat. Add in the onions and mushrooms and sauté until soft and caramelised, about 5 minutes. *\*Chef's Tip: Add a lid on the pan to create steam which will prevent the food from burning.*
4. Add the sliced boerewors and stir through carefully until cooked, about 10 minutes. Add the tomatoes halfway through. When the sausage is cooked and the vegetables are soft, spoon the filling onto a plate with paper towel to help it drain.
5. Layer three quarters of the toasted bread cubes in the baking dish and top with the sausage filling.
6. Add the eggs, cream, chives and salt and pepper to a large mixing bowl and whisk until well combined. Add in the grated cheddar cheese and mix through.
7. Carefully pour the egg mixture over the filling in the baking dish. Sprinkle over the remaining cubes of toast and crumble over the feta cheese. *\*Chef's Tip: This dish can be prepped the night before up until this point and refrigerated to bake off the next morning!*

