




Boerewors frittata

A breakfast to braai for.

 Less than 30 minutes **Serves:** 4

Recipe Type: Breakfasts

Ingredients

Main ingredients

- 2 tbsp PnP butter
- 6 PnP spring onions, chopped
- 1 PnP green pepper, diced
- 250 grams PnP boerewors, cooked and cut into slices
- 6 PnP cherry tomatoes, halved
- 6 PnP eggs
- 1 dash PnP milk
- 1 dash salt and milled pepper
- 100 grams goat's cheese
- 1 handful PnP parsley, to serve

Method

- **Heat** butter in a cast-iron pan and sauté onions and green peppers for 5 minutes.
- **Add** boerewors and tomatoes and stir through.
- **Lightly** beat eggs with milk and season well.
- **Pour** over sausage mixture, dot in slices of goat's cheese and scatter with parsley.
- **Cover** and cook over low coals until cooked through.
- **Serve** with braaied toast.