

### Spanish Moroccan Frittata by Andi Lew

*Author, TV presenter, Wellness Coach and Botani Wellness Ambassador*

This was my grandmother's recipe. It will take less than 10 mins to make, so it's a winner! The feature ingredient is olives! The good fats, vitamin E and antioxidants from the olives will help support healthy glowing skin.

#### Ingredients:

- 2 potatoes
- 1 zucchini
- 2-3 large leaves of chard or kale chopped
- Half an onion, diced
- 1-2 tablespoons olive oil
- ½ cup of olives
- 1 tablespoon of cumin
- Pink salt to taste
- 6 organic eggs



#### Method:

- On a medium to high heat, brown onion in oil in a pan. Make sure the pan has a lid.
- Lay thinly sliced potatoes in a pattern like you were making a pizza base, in the pan, covering it.
- Add thin slices of circular zucchini too.
- Wait 3 mins as it cooks.
- Whisk eggs with the cumin and salt, pour over.
- Sprinkle greens and olives.
- Put the lid on and cook until sides of the omelette are cooked golden and the middle is no longer wet.
- The heat from the pan with the lid on steams all the vegetables and the potato base with be soft and taste like chips!

Enjoy! Love Andi x

[www.botani.com.au](http://www.botani.com.au)

