



# EASY-PEASY OLIVE, TUNA AND RED ONION *frittata*

## INGREDIENTS

- 2 Eggs
- 1 Small red onion chopped
- 1 Clove garlic crushed
- 1 can Tuna drained
- 6 Black olives pitted and chopped
- Salt and black pepper to taste
- 1 tbsp Olive oil

## METHOD

- 01 Heat oven 180 degrees Celsius
- 02 In an oven proof pan pour in olive oil and sauté the onion and garlic for a minute until soft.
- 03 Add the tuna and olive and gently stir for 1 minute.
- 04 Add whisked eggs and combine all ingredients.
- 05 On medium low heat allow the bottom to cook.
- 06 Place in oven to bake the frittata 5 minutes.
- 07 Remove and garnish with herb salad and avocado. Season to taste.