



YOUNG LIVING<sup>®</sup>  
ESSENTIAL OILS

CHEF KATE

YL BRAND AMBASSADOR  
& CHEF-TO-THE-STARS



PROVINCIAL FRITTATA  
WITH SEMI-DRIED TOMATOES & ZUCCHINI

# PROVINCIAL FRITTATA WITH SEMI-DRIED TOMATOES & ZUCCHINI

**SERVES** 4-6

**BAKING TIME** 35 - 45 minutes

**PREP TIME** 15 minutes

## INGREDIENTS

- 1 tbsp. Coconut oil, butter or ghee (for the baking dish)
- 12 Eggs
- 1 cup Coconut milk (or milk of choice)
- 2 tsp. Sea salt (to taste)
- 1 tsp. Freshly ground pepper (to taste)
- 1 Medium zucchini (cut into small pieces or grated)
- 1 Medium onion (finely diced)
- ½ Capsicum (finely diced)
- ½ cup Coarsely chopped semi-dried tomatoes
- ½ cup Finely chopped parsley
- ½ tsp. Herbes de Provence (French herb mix, optional)
- 1 cup Grated mild cheddar cheese (reserve ½ cup to sprinkle on top)
- ½ cup Grated parmesan cheese
- 1 - 2 drops YL Citrus Fresh™ or Lemon essential oil (add after baking)



## A NOTE FROM CHEF KATE

*“You can cut the veggies in larger pieces if you like!”*

## METHOD

1. Preheat the oven to 180°C. Rub your baking dish generously with coconut oil or line with baking paper and set aside.
2. In a medium or large bowl, whisk together the eggs and coconut milk. Add the salt and pepper then stir to combine. Add the rest of the vegetables, herbs and ½ cup grated cheddar cheese then stir to combine.
3. Pour the mixture into the baking dish. Sprinkle the remaining cheddar and parmesan cheese on top. Then carefully place the baking dish into the preheated oven. Bake for 15 - 20 minutes uncovered and check to see if the middle is set. If the top starts browning too quickly, cover with baking paper and continue baking 15 - 20 minutes until the frittata is fully set and puffs up a little like a soufflé.
4. Remove from the oven and let cool a few minutes then **finish with the culinary essential oil** mixture before serving. The frittata is great served hot or at room temperature and also works well as a cool snack the next day.

**FINISH WITH CULINARY ESSENTIAL OILS:** To ‘finish with culinary essential oils’ Kate recommends adding 1 - 2 drops (or a little more to taste) of the suggested essential oil to a little melted butter, coconut oil or olive oil (for savoury dishes), stir to combine and then drizzle the mixture evenly over the frittata.