



WHITE STAR

BOEREWORS & MAIZE MEAL FRITTATA

Serves: 4

Preparation time: 20 minutes

Cooking time: 35 minutes

CATEGORY: Mains



Ingredients

- 30ml canola oil
- 500g boerewors, sliced into 4cm pieces
- 1 large red onion, sliced
- 5ml thyme leaves, fresh or dried
- Salt & pepper
- 350ml milk
- 50g White Star Super Maize Meal
- 6 eggs
- 100g feta cheese, crumbled

Tomato & Onion Relish:

- 15ml olive oil
- 1 red onion, diced
- 2 garlic cloves, finely chopped
- 5ml chili flakes
- 5ml dried thyme
- 1 x 400g tin chopped tomatoes
- 100g feta cheese, crumbled
- Fresh parsley

Method

Frittata:

1. Heat 15ml oil in your frittata pan over a medium-high heat.
2. Add your boerewors and cook until coloured on all sides and almost cooked through, then remove from the pan.
3. Add the remaining 15ml oil and turn the heat down slightly. Add your onion and thyme with a pinch of salt and pepper and saute until softened and caramelised.
4. Preheat the grill in your oven.
5. In a jug, whisk together your milk, White Star Super Maize Meal, eggs and feta cheese. Pour this into the pan and stir until well combined. Top with the boerewors pieces and place the lid on the pan. Allow to cook slowly until almost cooked through.
6. Place the pan under the grill and allow it to finish cooking.

Tomato & Onion Relish:

1. Heat the oil in a pan over a medium heat. Add the onion, garlic, chilli flakes and thyme and cook slowly until softened. Add the tin of tomatoes and a dash of water. Simmer down until reduced.
2. Season with salt & pepper.

To serve:

1. Serve the frittata topped with the relish. Finish with crumbled feta cheese and fresh parsley.