

## A delicious way to boost your vitamins

This week we are going to look at some of the wonderful cruciferous vegetables that we are lucky to have in season at the moment.

There are lots of types of broccoli available, and the sprouting varieties such as purple sprouting broccoli are currently in season. Broccoli is especially rich in vitamin C, and actually has more per 100g than oranges! It also contains good levels of vitamins K, B6, E, and A, folic acid, phosphorus, potassium, magnesium, and fibre. Cauliflower, also being a member of the cruciferous family, has a similar nutrient profile with excellent levels vitamins K and C, fibre, potassium, phosphorus, boron, and B vitamins.

The beauty of this recipe is that it works with any type of broccoli or cauliflower you happen to have at the time, so will see you through the year as different varieties come into season. As with all of my recipes you can add your own touch with different herbs and spices to suit your tastes, make it your own and enjoy!

### **Cauliflower and purple sprouting broccoli frittata** (serves 4)

150g broccoli (trim the stems and slice any thick stalks in half lengthways)

150g cauliflower (cut into small florets)

½ red onion (cut into wedges)

2 tbsp olive oil

2 garlic cloves (finely grated)

zest of ½ lemon (finely grated)

leaves from a few springs of thyme

20g parmesan (finely grated)

8 eggs

pinch black pepper



Heat the oven to 180. Mix the oil, garlic, lemon zest, and thyme. Coat the broccoli, cauliflower and red onion in the mix and spread out on a baking tray. Roast for about 15 minutes, mixing halfway through.

Meanwhile, whisk together the eggs, parmesan, and black pepper, and grease a round oven-proof dish or skillet.

When the vegetable mix is done transfer to the oven-proof dish and pour over the egg mix. Pop in the oven for 15 minutes, or until the eggs are set. Serve with salad, an extra sprinkle of parmesan and a drizzle of oil. The leftovers are great cold for lunch the next day!

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