

### INGREDIENTS

- ½ cup whipping cream
- 1 tsp salt and pepper
- 2 tbs fresh herbs, finely chopped
- 2 tbs onion, chopped
- 1/3 cup roasted red pepper, finely diced
- ½ cup spinach leaves, fresh and finely chopped (optional)
- 2 tbs parmesan cheese, freshly grated
- 3 tbs goat cheese, dollops
- 8 eggs



### PREPARATION

Lightly spray a muffin tin or ramekins with vegetable oil spray

Mix all ingredients together in a bowl. Put into ramekins. Cover with foil tightly

Fill reservoir with water and set steamer to 100°C (212°F)

Set timer for 15 minutes and press start

Check when timer beeps to see if eggs are set. If not, reset timer for an additional 8 minutes and press start.

When the timer beeps again, remove the dish and check to see that eggs are set

Remove foil immediately so that condensation does not form and rain on the frittata

Wait a minute before reversing it onto a plate.