

# Duck Egg Frittata with Bell Peppers and Garlic

---



## *Ingredients (serves 2)*

½ green bell pepper  
½ red bell pepper  
½ yellow bell pepper  
½ jalapeño pepper (if some spice is desired)  
1 large garlic clove  
2 tbsp olive oil  
3 duck eggs  
2 oz sharp cheddar cheese  
salt and black pepper  
Parsley or fresh basil to garnish

## *Directions*

Cut the seeds from the bell pepper halves and slice. Peel and finely slice the garlic clove. Finely chop the jalapeño pepper. Add all to a deep frying pan in which the oil has already been heated and stir fry over medium heat for two or three minutes to soften.

Beat and season the duck eggs. Make sure the peppers are spread evenly in the pan before carefully pouring over the duck egg mixture. Cook for a few minutes until you can see that the eggs are almost set. At this stage, put the pan under a very hot, overhead grill to finish the egg setting process.

Roughly chop the cheddar cheese (or other hard cheese of choice) and scatter over the frittata. Put the pan back under the heat just to melt the cheese.

Slide the frittata on to a plate and garnish with parsley or roughly sliced basil leaves. Serve with whole wheat toast for a nutritious balanced breakfast. Enjoy!