
CLAUDIO'S FORAGED FRITTATA WITH ERBETTE SPONTANEE SILENE SCHIOPETIN

Ingredients

5g butter
10g extra virgin oil
1 shallot, finely chopped
1 leek finely chopped
50g spinach or chard, finely chopped
25gf fresh Silene leaves
3 leaves of wild garlic
4 eggs,
A pinch sea salt
Parmigiano to taste

Method

1. In a good frying pan cook the shallot & leek in olive oil until translucent, set aside.
2. Then wilt the wild garlic & set aside.
3. In a bowl beat eggs, add the pinch of sea salt; then add the greens, Parmigiano to taste and fold together.
4. Heat the butter in your pan and add your mix.
5. Finish in a preheated oven (175°C) for 20 minutes.

