



Spiced Turmeric & Mustard Frittata

WITH BANANA PRAWNS & GREENS

BY TAMARA CORNELL (BHSC), NUTRITIONALLY YOU

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 40 MIN

Ingredients

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|----------------------------|------------------------------|
| 6 whole eggs | 8 raw banana prawns* |
| 1 cup egg white | 2 tsp extra virgin olive oil |
| 2 bok choy bunch, sliced | 2 tsp mustard seeds* |
| 1 medium zucchini, sliced | 1 tsp turmeric |
| 1 quarter red onion, diced | Cracked black pepper* |

Directions

1. Preheat oven to 180°C and lightly spray a baking dish. Chop all vegetables and peel banana prawns, cut into small chunks
2. In a medium pan, heat 1 tsp of olive oil and sautee all vegetables (except leaf part of bok choy) until lightly soft. Add vegetables (including leafy bok choy) & prawns to oven dish
3. Whisk eggs together in a bowl. Add egg white and combine
4. In a jar, mix 1 tsp olive oil, mustard seeds, turmeric and cracked black pepper. Stir to form a paste. Add paste to egg mixture and whisk thoroughly to combine
5. Pour over vegetable mix and bake for 40 minutes. Top of frittata should not shake when removing from oven. Allow to cool completely before packing away
6. Serve topped on a piece of sourdough, with sauteed mushrooms, baked pumpkin (yum) or extra leafy greens



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NOTES

* **PRAWNS:** I love adding prawns for a salty flavour and extra protein punch. Prawns are also high in Omega 3's and Selenium. Great for your brain, inflammation and metabolism

* **MUSTARD SEEDS:** *Beerenberg* brand "Smokey Honey Mustard" is my go-to. If you are using solely mustard seeds, I recommend adding 1 teaspoon of natural honey to balance the flavours. Mustard seeds are packed with antioxidants and digestive promoting benefits

* **BLACK PEPPER:** essential addition to enhance the absorption of turmeric and it's potent anti-inflammatory benefits

* **TURMERIC:** the star of the show. Rich in phytonutrients & antioxidants. This colourful spice can lower inflammation, improve digestion, and benefit your brain

SERVING: Post workout I will serve this with a piece of toasted dark rye sourdough or baked pumpkin. On low carb/movement days I serve with extra salad.

MUFFINS: Bake in a muffin tray for individual, ready-to-go portions. Great for school kids!

Nutritional Panel

Per Serve, Frittata Only

Total Calories: 215

Protein: 23

Fat: 11

Carbohydrates: 6



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