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The Best Shrimp and Parsley Frittata

Recipe courtesy of Jamie's Italy

Yield: 4 servings

6 large eggs

1/2 teaspoon salt

1/4 teaspoon pepper

2 tablespoons freshly grated Parmesan cheese

2 tablespoons finely chopped parsley

1/2 teaspoon grated lemon zest

1 teaspoon fresh lemon juice

10 medium shrimp, shelled and deveined, half roughly chopped

1 tablespoon butter

1 tablespoon olive oil

1/4 teaspoon hot red pepper flakes

Preheat oven to 350. In a medium bowl, whisk eggs, salt, and pepper. Add cheese, parsley, lemon zest, and lemon juice; add whole and chopped shrimp to egg mixture. In a small, heavy non-stick ovenproof skillet, heat butter and oil over medium-high heat; add egg mixture. Stir eggs slowly for 1 minute, then place pan in oven and cook 9-10 minutes, until frittata is slightly set in the middle. Remove pan from oven; sprinkle with red pepper flakes.