Kale and Goat Cheese Frittata

Servings: 2 | Cooking Time: ≈ 20-25 min | Active Time: ≈ 10-15 min

JUSTTHERECIPE.COOKING

KEY INGREDIENTS

- 1 red onion
- 3 oz baby kale (or other greens)
- 6 oz grape or cherry tomatoes
- 1/2 cup crumbled goat cheese
- 3 tbsp basil pesto (or pistou)

PANTRY STAPLES

- 4 eggs
- 2-3 tbsp olive oil (or butter for the onion)
- 2 tbsp milk, cream, or water
- 1 tsp red chile flakes (optional)
- Kosher salt and black pepper

INSTRUCTIONS

1. Peel and thinly slice the onion.
2. In a medium frying pan over medium-high heat, warm 1-2 tbsp oil or butter until hot. Add the onion, season with salt and pepper, and cook, stirring occasionally, until softened and starting to caramelize, 4-5 minutes.
3. While the onion cooks, crack the eggs into a medium bowl; add 2 tbsp milk, cream, or water and as many chile flakes as you like. Season with salt and pepper and beat with a fork until just blended.
4. Stir the tomatoes and kale into the pan with the onion, season with salt and pepper, and cook over medium heat until the kale is slightly wilted, 1-2 minutes.
5. Spread the vegetables evenly over the bottom of the pan. Pour the eggs on top and sprinkle with the goat cheese. Reduce the heat to medium-low, cover, and cook without stirring until the eggs are set and the tomatoes have burst, 8-10 minutes. Remove from the heat and let cool for 5 minutes. Slide the frittata onto a cutting board and cut into 4 wedges.
6. While the frittata cooks and cools, stir together the pesto and 1 tbsp oil in a small bowl; season to taste with salt and pepper.
7. Divide the frittata wedges between plates, garnish with the pistou, and serve.

TOOLS/TIPS/SERVING SUGGESTIONS

1. Homemade basil pistou: blend 1 cup packed basil leaves, 1 small garlic clove, 2 tbsp grated Parmesan, and 3-4 tbsp olive oil with a pinch of salt.
2. Pistou is the Provencal cousin of pesto, made from basil, garlic, olive oil, and usually a little hard cheese; any store-bought basil pesto works here.
3. Baby spinach or chard can stand in for the kale.

RANDOM THOUGHTS

This is my variation on Sunbasket's Tomato, kale, and goat cheese frittata with basil pistou. Their kit came with a pre-made basil pistou; here it's store-bought pesto (or homemade, see Tips). The kale side salad in the original is left out here.

With grateful credit to: Sunbasket · https://sunbasket.com/recipe/tomato-kale-and-goat-cheese-frittata-with-basil-pistou