



# POLENTA FRITTATA

## Ingredients

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- 2 sprigs of asparagus • 1 red bell pepper
  - 50 gr of mushrooms • 1 head of red onion
  - 5-6 cherry tomatoes • a bit of fresh thyme
    - a bit of spring onions
    - Salt, pepper
  - 2 slices of GreenVie Mozzarella flavour
    - 100 gr of instant polenta
    - 200 ml water
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## *instructions*



Start with the cooking of the vegetables.  
Fry the mushrooms, onions, peppers and asparagus  
with some oil in a hot pan.

They should be all ready in 5-6 minutes.  
In a separate bowl, mix the polenta with hot water  
and the mozzarella slices,  
until it all blends together and the cheese melts.

Now put the polenta with the cooked vegetables,  
into a round baking tray, top it with some cherry tomatoes  
and roast in the oven for about 15 minutes, set to 180<sup>0</sup> Celsius.

*Serve with fresh thyme, springs onions  
and sesame seeds (optional).*

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