



Mexican Sweet Corn Frittata Bites

If you love Mexican flavors, this zippy frittata with spiced beef is for you. Eggs are **nutritional powerhouses** - plain and simple. But if you're getting bored with your typical hard-boiled and scrambled, this recipe will certainly help you spice things up!

Nothing beats frittata for the ultimate brunch date or satisfying lunch. When paired with savory lean beef bites, **this hearty meal will keep you satisfied and energized for hours.**

Packed with veggies, protein and fiber, this colorful dish is rich in **antioxidants** and doesn't skimp on flavor; make a double batch to set yourself up for success. This one is freezer-friendly!

MEXICAN SWEET CORN FRITTATA BITES

Serves 4

8 eggs
1 tsp. taco seasoning
1 x 12 oz. (340g) can
sweetcorn, drained
1 red onion
1 lb. (450g) lean ground
(minced) beef (5% fat)
1 tsp. ground coriander
1 tbsp. olive oil
1 cup (150g) cherry
tomatoes, quartered
2 green onions (spring
onions), sliced
1 lime, zest and juice
salt & pepper

Directions:

1. Preheat the oven to 400F (200C) and line a muffin tin with silicon or paper liners.
2. Beat the eggs with the taco seasoning. Drain the corn, slice 1/2 the onion into rings and dice the other half.
3. Mix the corn into the eggs and transfer into the muffin cups. Place the onion rings on top of each, and place the muffin tin into the oven to bake for 18-20 minutes. Cover the dish with foil if frittata bites are getting too dark.
4. Meanwhile, mix the minced meat with the diced onion and ground coriander. Divide the minced meat mixture into 8 portions and form into oblong shapes. Heat the oil in a skillet or frying pan over a medium-high heat and cook for 8 minutes, turning regularly, until the meat is done.
5. Place the chopped tomatoes and sliced green onions into a small bowl. Add in the lime zest and 2 tablespoons of lime juice. Season to taste with salt and pepper and mix well. Serve the frittata with the beef bites and tomato salad.

GF

DF

MP

Prep	Cook
15m	30m