

Breakfast Platter



Preparation time: 75 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Breakfast Recipes

Tired of the same old boring breakfast? This platter is calling your name.

Inside we uncover a delicious arrangement of healthy, simple recipes that complement each other perfectly. And if you're having a few friends or family over for brunch, there's something here that everyone will enjoy. See all the steps below!



Ingredients

Asparagus & Pea Frittata

- 6 eggs
- ½ cup cream
- ⅓ cup grated parmesan cheese
- 1 clove garlic, crushed

- Salt and pepper
- ½ cup frozen peas
- 3 green onions, thinly sliced
- 1 bunch asparagus, trimmed

Dill Cheese Pikelets

- ¾ cup self-raising flour
- ¾ cup milk
- 1 egg
- ½ cup grated tasty cheese
- 2 Tbsp chopped dill
- 30g butter, melted

For the Platter

- 6 eggs
- To serve:
 - Smoked salmon
 - Pickled onion
 - Capers
 - Whipped cream cheese
 - Yoghurt berry pots
 - Hot coffee

Method

Asparagus & Pea Frittata

1. Preheat oven 180°C (fan forced). Grease and line all sides of a 20cm square cake pan with baking paper.
2. Whisk eggs, cream, cheese, and garlic together in a large bowl. Season with salt and pepper. Add peas and green onion and mix well. Pour into prepared pan.
3. Cut asparagus lengths in half lengthways then in half crossways. Arrange asparagus on the top.
4. Bake 30-35 minutes or until set. Cool.

Dill Cheese Pikelets

1. Sift flour into a medium bowl. Make a well in the centre.
2. Whisk together milk and egg. Season to taste.
3. Gradually whisk the milk mixture into flour to make a smooth batter. Stir in cheese and dill.
4. Heat a large non-stick frying pan over medium heat. Brush with butter. Drop teaspoonfuls of batter into the hot pan, allowing room for spreading.
5. Cook for 1-2 minutes until bubbles appear. Turn and cook for 1 minute. Transfer to a rack to cool. Continue with the remaining batter.
6. Place in an airtight container and refrigerate until required or freeze in a single layer between baking paper.

For the Platter

1. 30 minutes before serving, place frittata into a low 120°C oven and heat for approximately 30 minutes or until just warmed through. Cut into squares.
2. Add pikelets - wrapped in foil - to oven 15 minutes before serving (to warm up slightly). Alternatively, warm in the microwave for 10-20 seconds (without foil).
3. Add eggs to a saucepan and just cover with water. Cover with lid and cook on medium-high heat for 6 minutes or until medium soft boil.

Drain and refresh. Peel.

- 4. Just before serving, arrange smoked salmon, pickled onions, whipped cream cheese and capers on a platter. Place warm frittata and pikelets on the platter.
- 5. Cut eggs in half and arrange on the platter along with fresh yoghurt berry pots. Serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
188g	1520kj 363kcal	17g	25.1g	14.5g	17.4g	4.1g	436mg	1.5g