

Pastrami Frittata

Recipe By *Chaia Frishman*



**FOOD
FIGHT**

Cooking and Prep:  30
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Serves:  2

Contains: 

Preference: Meat

Difficulty: Easy

Diet: Gluten Free

Source: Family Table by

Mishpacha Magazine,

Kosher.com Exclusive

A savory fleishig fritatta with crisp sautéed pastrami, potatoes, and onions.

Coming up with this recipe with only 30 minutes to cook it was stressful. Doing it in the comfort of your kitchen, though, should be a breeze. A **Food Fight**, Round 7 recipe.

Ingredients (9)

Main ingredients

- 1 and 1/2 teaspoons canola oil
- 4 eggs
- 1/2 teaspoon salt
- pinch of pepper
- 1/2 cup diced mixed peppers

- 1/2 cup sliced red onions
- 1/4 cup diced red potatoes
- 3/4 cup chopped **Meal Mart Pastrami**

Sommelier Suggests

- Covenant Israel Syrah**
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Start Cooking

Prepare the Frittata

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius). Heat a seven- to eight-inch (18- to 20-centimeter) ovenproof pan and add oil.
2. In a small bowl, beat the eggs and slowly incorporate the salt and pepper. Set aside.
3. Place all the vegetables in the hot pan and sauté until soft, about six to eight minutes. Add the pastrami chunks and continue to stir over medium heat until the vegetables are fully cooked and the pastrami is slightly crisp. Pat down the mixture to distribute it evenly in the pan. Lower the heat to medium-low.
4. Add the eggs slowly and carefully to cover the entire pan. Swirl them around as they cook. Every time an empty pocket of space opens up, swirl more eggs into it. Do this for three minutes.
5. Remove the pan from the heat and place it in the hot oven. Bake the frittata for three minutes. Remove from the oven and swirl the eggs again to distribute evenly. Return to the oven and bake four to five more minutes.
6. Remove from oven and let the frittata settle before serving.

Watch!

Chaia prepared this recipe during **Food Fight** Final Four. [Watch the episode here.](#)