Roasted Sweet Bell Pepper & Chorizo Frittata with Queso Fresco



It’s Frittata time! Frittatas are one meal that can be eaten at any time of the day. We love this chorizo with queso fresco and roasted sweet bell peppers for dinner.

Timing

Prep time	Total time	Skill level
		Hard

What You'll Need

- Canola oil, as needed
- 3 Red Sun Farms bell peppers, assorted colors
- 1 garlic cloves, minced
- ½ cup small onions, diced
- 1 shallot, minced
- 2 tsp parsley, chopped
- 6 oz fresh chorizo
- 2 Red Sun Farms tomatoes
- Salt and white pepper, to taste
- 12 large eggs

- ½ cup heavy cream
- 4 oz queso fresco cheese or other
- Melted butter, as needed

Directions

Red Sun Farms Sweet Bell Pepper

1. Rub bell peppers with canola oil and roast in 425°F oven for approximately 12 minutes.
2. Peel burned skin from peppers.
3. Remove seeds.
4. Cut julienne style.

Tomato Concasse

1. Blanch tomatoes in boiling water for a few seconds.
2. Remove from heat and place in ice water bath.
3. When cool, remove skin and seeds.
4. Dice into small pieces.

Frittata

1. Cook chorizo canola until almost done.
2. Add onions, garlic, and shallots.
3. After one minute, add peppers; stir.
4. Set aside.
5. In a mixing bowl, combine eggs, cream, white pepper and salt.
6. Place butter in a non-stick oven compatible pan.
7. Add egg mixture to pan.
8. Move the raw egg mixture around pan with out scrambling egg mixture.
9. When cooked half way, add chorizo and bell peppers.
10. Add queso fresco cheese and tomato concasse.
11. Place in the 350°F oven and bake 10-15 minutes, or until egg is set and cheese is melted.
12. Salt and pepper to taste and sprinkle with parsley.
13. Serve hot.