

Omelette with Eggs and Fennel - Frittata di Uova e Finocchio

Normally the Fennel is used to be combined with the sardines or to add flavour to a dish. But I wish to share with you this delicate and tasty frittata that Nonna Angelina used to prepare for dinner during the month of May, since the wild fennel grew abundantly in Favignana. If you don't have the wild fennel, you can use the dill, as a substitute.

Wine paring

This is a delicate taste and will go great with Sirocco Grillo.



Difficulty	Serves	Prep Time	Cook Time
Easy	4	30 min	15 min

Ingredients

4 tablespoons Nonna Angelina's EVOO
1 small onion chopped
2 cups fennel boiled, drained well and chopped
2 eggs beaten
sea salt

Directions

In a frying pan heat the EVOO (be careful not to "smoke" it) then sauté the onion and the fennel. Add the eggs and let it cook over low heat for 5 minutes. With the help of a dish, turn the frittata over and continue to cook for another 5 minutes.

Serve both hot or at room temperature as an antipasto or as light dinner.

Buon appetito!

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