

DINNER

Frittedda with Scallion Crostini

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$6.23	1,109 kcal

Frittedda with Scallion Crostini might be just the main course you are searching for. One serving contains 1109 calories, 68g of protein, and 19g of fat. This recipe serves 4. For \$6.23 per serving, this recipe covers 61% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 pound fresh medium asparagus
- ☐ 2 scallions and 4 slices country bread, toasted
- ☐ 5½ pounds fresh fava beans
- ☐ 12 leaves fresh mint
- ☐ 1 pound sweet peas
- ☐ 12 baby artichokes, stems on
- ☐ ¼ cup extra virgin olive oil plus 2 tablespoons
- ☐ 1 bulb fennel tops removed and set aside
- ☐ 1 Juice and zest of lemon
- ☐ 2 slices Prosciutto

EQUIPMENT Frying pan, Grill

Method

- 1

Trim the artichokes of tough outer leaves, peel the stems and cut in half. Soak chokes in cool acidulated water. Shell the favas both ways and set aside. Trim the hard ends of the asparagus and cut into 2 inch pieces on the bias. Shell peas and set aside.
- 2

Cut the fennel bulb in half and slice into fine julienne.
- 3

Cut the Prosciutto into fine julienne and set aside.
- 4

In a 12 to 14 inch saute pan, heat the olive oil, Prosciutto and fennel over medium heat. Cook 1 minute and add drained artichokes. Cook 10 minutes until starting to soften and add favas, asparagus and peas.

- 5 Add 1/2 cup water, cover and simmer 20 minutes. Uncover, add mint, lemon juice, zest and fennel tops. Grill bread and brush with remaining 2 tablespoons extra virgin olive oil.
- 6 Sprinkle with scallions and serve over frittedda.
- 7 Serve hot or cold.

Nutrition per serving			
	1,109	68 g	19 g
	KCAL	PROTEIN	FAT
Saturated Fat			3.1 g · 19% of daily needs
Fibre			58.7 g · 235% of daily needs
Sugar			27.8 g · 31% of daily needs
Sodium			481 mg · 21% of daily needs
Cholesterol			2.6 mg · 1% of daily needs
Vitamin C			68.7 mg · 83% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/frittedda-with-scallion-crostini-148240