

# Crab Basil and Cherry Tomato Frittata

**Preparation Time:** 5 min

**Cooking Time:** 30 min

**Servings:** 4

## Ingredients

1 tbsp Olive Oil  
5 Eggs, lightly beaten  
40g Ghee, melted  
60ml Water  
200g Crab meat, cooked  
15 Cherry Tomatoes, halved  
1bunch Basil, roughly torn



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## Method

Preheat oven to 180°C.

Brush a non-stick oven-proof frying pan with the oil.

Whisk together the eggs, water and melted ghee until frothy.

Combine the crab meat, basil and cherry tomatoes with the egg mixture and pour into the frying pan.

Bake in the oven for 20-30 minutes or until set.

## NOTE

This is a SENSATIONAL summer dish. We had cherry tomatoes bursting with flavour fresh from our garden, and I found some beautiful fresh Western Australian swimmer crabs at my local fishmonger. The basil compliments the sweetness of the crab perfectly. Enjoy with a cold, crisp white wine.

When I made this, I used 5 fresh green swimmer crabs. I boiled the crabs in salted water for about 20 minutes and then picked the meat from the bodies.

We enjoyed the meat from the claws and legs as a separate meal!! So I reckon that 3 swimmer crabs would be plenty for this recipe alone (meat from the body plus the claws and legs should give about 200g).