



THE ULTIMATE

FRITTATA COOKBOOK

10 Creative Recipes

for Your Foldable Double-Sided Pan

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Classic Italian Frittata

The Original — Straight from the TECHEF Kitchen

Serves 2–3 • 15 min • Easy • TECHEF Frittata Pan

INGREDIENTS

- 4 large eggs
- ½ cup red bell pepper, diced
- ½ cup onion, diced
- 1 cup baby spinach
- ½ cup shredded cheddar cheese
- 1 tbsp butter
- Salt & pepper to taste

INSTRUCTIONS

1. Heat the TECHEF Frittata Pan over medium heat. Melt butter and sauté diced peppers and onions for 3–4 minutes until soft.
2. Add spinach and cook until wilted, about 1 minute. Season with salt and pepper.
3. Whisk eggs in a bowl, then mix in the sautéed vegetables and cheese.
4. Pour mixture into one half of the pan. Close lid and cook 2 min until edges set.
5. Flip the pan and cook another 2 minutes until golden brown.
6. Open pan, slice into wedges, and serve warm.

PRO TIP Use room-temperature eggs for a fluffier frittata. Add smoked paprika for extra depth.



Ham & Gruyère Frittata

Savory, Melty, and Satisfying

Serves 2–3 • 18 min • Easy • TECHEF Frittata Pan

INGREDIENTS

- 4 large eggs
- ¾ cup diced ham
- ½ cup Gruyère cheese, shredded
- ¼ cup green onions, sliced
- 2 tbsp heavy cream
- 1 tbsp butter
- Salt & pepper to taste

INSTRUCTIONS

1. Preheat the TECHEF Frittata Pan over medium heat and add butter.
2. Sauté diced ham for 2 minutes until lightly browned. Remove and set aside.
3. Whisk eggs with cream, salt, and pepper. Stir in green onions and Gruyère.
4. Add ham to the egg mixture and pour into one side of the pan.
5. Close lid and cook 2–3 minutes until edges set. Flip and cook another 2 minutes.
6. Slide onto a plate and garnish with extra sliced green onions.

PRO TIP Gruyère melts beautifully — swap with Swiss cheese if needed. Great for brunch!



Mango French Toast Frittata

Sweet, Tropical & Totally Unique

Serves 2–3 • 20 min • Medium • TECHEF Frittata Pan

INGREDIENTS

- 1 ripe mango, diced
- 4 large eggs
- ¼ cup whole milk
- ½ tsp ground cinnamon
- 1 tbsp sugar
- 3–4 slices sandwich bread, torn
- Powdered sugar & maple syrup to serve

INSTRUCTIONS

1. Whisk together eggs, milk, cinnamon, and sugar in a large bowl.
2. Tear bread into small pieces and soak in the egg mixture for 3–4 minutes.
3. Pour half the soaked bread into one side of the TECHEF Frittata Pan.
4. Distribute diced mango evenly over the bread mixture.
5. Close lid and cook on low 5 minutes. Flip when the top becomes firm.
6. Cook 4–5 more min. Slide onto a plate, dust with powdered sugar, drizzle maple syrup.

PRO TIP Use slightly stale bread — it absorbs the egg mixture better without falling apart.



Mushroom & Herb Frittata

Earthy, Fragrant & Restaurant-Worthy

Serves 2–3 • 18 min • Easy • TECHEF Frittata Pan

INGREDIENTS

- 4 large eggs
- 1 cup cremini mushrooms, sliced
- 1 tsp fresh thyme leaves
- 1 tbsp fresh parsley, chopped
- ¼ cup parmesan, grated
- 1 garlic clove, minced
- 1 tbsp olive oil
- Salt & pepper to taste

INSTRUCTIONS

1. Heat olive oil in the TECHEF Frittata Pan. Add mushrooms; cook 4–5 min until golden.
2. Add garlic and thyme; cook 1 more minute until fragrant. Remove from pan.
3. Whisk eggs with parsley, salt, and pepper. Stir in parmesan.
4. Combine mushroom mixture with eggs. Pour into one side of the pan.
5. Close lid and cook 2 minutes. Flip and cook another 2 minutes.
6. Garnish with extra parsley and optional drizzle of truffle oil.

PRO TIP Don't crowd the mushrooms — cook in batches so they brown instead of steaming.



Smoked Salmon Frittata

Elegant Brunch in Under 20 Minutes

Serves 2 • 15 min • Easy • TECHEF Frittata Pan

INGREDIENTS

- 4 large eggs
- 3 oz smoked salmon, torn
- 2 tbsp cream cheese, softened
- 1 tbsp fresh dill
- 1 tbsp capers
- 2 tbsp heavy cream
- 1 tsp butter • Black pepper to taste

INSTRUCTIONS

1. Whisk eggs with cream and black pepper. Stir in dill and capers.
2. Heat butter in the TECHEF Frittata Pan over medium-low heat.
3. Pour the egg mixture into one side of the pan.
4. Distribute smoked salmon over the eggs. Dot with cream cheese pieces.
5. Close lid and cook on LOW 3–4 minutes (no flipping — the top gently steams).
6. Slide onto plate; garnish with fresh dill and lemon zest. Serve immediately.

PRO TIP Cook on low heat to keep the salmon silky and the eggs custardy. No flipping needed!



Caprese Frittata

Fresh Tomato, Basil & Mozzarella Magic

Serves 2–3 • 15 min • Easy • TECHEF Frittata Pan

INGREDIENTS

- 4 large eggs
- ½ cup cherry tomatoes, halved
- ½ cup fresh mozzarella, torn
- ¼ cup fresh basil leaves
- 1 tbsp olive oil
- 1 tsp balsamic glaze
- Salt & pepper to taste

INSTRUCTIONS

1. Whisk eggs with salt and pepper. Fold in half the basil leaves.
2. Heat olive oil in the TECHEF Frittata Pan over medium heat.
3. Pour egg mixture into one side of the pan.
4. Scatter cherry tomatoes and torn mozzarella over the eggs.
5. Close lid and cook 2 minutes. Flip and cook 1–2 more minutes.
6. Slide onto a plate. Top with fresh basil and drizzle with balsamic glaze.

PRO TIP Add fresh basil right before serving to keep it bright green and aromatic.



Chorizo & Potato Frittata

Bold, Smoky & Hearty

Serves 2–3 • 22 min • Medium • TECHEF Frittata Pan

INGREDIENTS

- 4 large eggs
- ½ cup cooked potato, small dice
- ½ cup Spanish chorizo, sliced
- ¼ cup roasted red pepper
- ¼ cup manchego cheese, grated
- 1 tbsp olive oil
- Smoked paprika & parsley to garnish

INSTRUCTIONS

1. Heat oil in the TECHEF Frittata Pan. Cook chorizo 2 min per side until browned.
2. Add diced potatoes and cook 3–4 minutes until edges are crispy.
3. Whisk eggs with smoked paprika and salt. Stir in manchego, chorizo, potatoes.
4. Pour mixture into one side of the pan. Add roasted red pepper on top.
5. Close lid and cook 3 minutes. Flip and cook 2–3 more minutes.
6. Serve garnished with fresh parsley and a dusting of smoked paprika.

PRO TIP Use pre-cooked or leftover potatoes to save time. Crispy edges are the key!



Broccoli & Cheddar Frittata

Kid-Friendly, Nutritious & Delicious

Serves 2–3 • 18 min • Easy • TECHEF Frittata Pan

INGREDIENTS

- 4 large eggs
- 1 cup broccoli florets, small
- ½ cup sharp cheddar, shredded
- ¼ cup onion, diced
- 2 tbsp whole milk
- 1 tbsp butter
- Salt & pepper to taste

INSTRUCTIONS

1. Blanch broccoli florets in boiling salted water for 2 minutes, then drain.
2. Melt butter in the TECHEF Frittata Pan and sauté onion until soft, ~2 minutes.
3. Whisk eggs with milk, salt, and pepper. Stir in cheddar, broccoli, and onion.
4. Pour mixture into one side of the pan.
5. Close lid and cook 2–3 minutes. Flip and cook another 2 minutes.
6. Serve immediately alongside a simple green salad or whole-grain toast.

PRO TIP Don't overcook the broccoli before adding — it continues cooking in the pan.



Simple Omelette Two Ways

One Pan, Endless Possibilities

Serves 2 • 10 min • Easy • TECHEF Frittata Pan

INGREDIENTS

- 4 large eggs
- ¼ cup diced bell pepper
- ¼ cup sliced mushrooms
- 2 tbsp shredded cheese of choice
- 1 tbsp butter
- Salt & pepper to taste
- Fresh herbs to garnish

INSTRUCTIONS

1. Whisk eggs with a pinch of salt and pepper until fully combined.
2. Melt butter in the TECHEF Frittata Pan over medium heat.
3. Pour beaten eggs into BOTH sides of the pan simultaneously.
4. When eggs begin to set (1–2 min), add veggies and cheese to the handle side only.
5. Close the lid to fold the omelette. Remove from heat — residual heat finishes it.
6. Slide onto a plate and garnish with fresh herbs.

PRO TIP The pan folds the omelette perfectly every time — no flipping skills required!



Banana Nutella Dessert Frittata

Sweet Ending — Breakfast for Dinner?

Serves 2–3 • 15 min • Easy • TECHEF Frittata Pan

INGREDIENTS

- 4 large eggs
- 1 ripe banana, sliced
- 2 tbsp Nutella or hazelnut spread
- ¼ cup whole milk
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 1 tbsp butter
- Powdered sugar & whipped cream

INSTRUCTIONS

1. Whisk eggs with milk, vanilla extract, and cinnamon until fully combined.
2. Melt butter in the TECHEF Frittata Pan over low-medium heat.
3. Pour egg mixture into one side of the pan. Arrange banana slices on top.
4. Dollop Nutella over the bananas in small spoonfuls.
5. Close lid and cook on LOW for 4–5 minutes. Flip gently and cook 3 more minutes.
6. Slide onto a plate, dust with powdered sugar, serve with whipped cream.

PRO TIP Keep heat low to prevent burning the Nutella. A golden crust is your goal!

