



# The busy woman's guide to clever family meals

It's the familiar midweek juggling act: work, children and quick, appealing suppers. We asked a group of time-challenged mums to share their solutions...

Compiled by **Alison Walker**. Photographs by **Tim Winter**

Good, healthy food is important to Lucy O'Donnell, who created LoveDean Granola (from £1.50 at Waitrose) – twice winner of a gold medal at the Great Taste Awards. She lives in West Sussex with her husband, Carletto, three children – Columbus, nine, Angelica, eight, and Archie, five – two dogs, two pygmy goats, one gerbil and lots of chickens. 'This dish is so versatile,' says Lucy. 'Swap the courgettes and the mushrooms for leeks or peppers, or add salami or other meats. The kids love to help – Angelica likes to grate the cheese, while Archie just likes to eat it!'

## Lucy O'Donnell's Mushroom and Courgette Frittata with Parmesan Crisps

**Hands-on time: 15min; cooking time: 20min; serves 6**

- 100g (3½oz) parmesan cheese, coarsely grated
- 3tbsp good-quality balsamic vinegar
- 1 heaped tsp Dijon mustard
- 150ml (5fl oz) extra virgin olive oil
- 1tbsp olive oil
- 50g (2oz) butter
- ½ shallot, finely chopped
- 1 medium courgette, thinly sliced
- 100g (3½oz) wild mushrooms, sliced
- 8 medium eggs, lightly beaten
- 125g (4oz) cheddar cheese, grated
- 200g bag each wild rocket and watercress

**1** Preheat the oven to 220°C (200°C fan) mark 7. Spoon the parmesan on to a greased baking sheet in an 18cm (7in) circle. Bake for 5–8min until the cheese is golden and has melted together. Remove

from the oven and leave to cool on the baking sheet. Break into small pieces and set aside.

**2** In a small bowl, whisk together the vinegar and mustard with some freshly ground black pepper. Continue whisking, adding the extra virgin olive oil a little at a time until the dressing is thick and creamy. Set aside.

**3** Preheat the grill to hot. Melt the olive oil and butter in an ovenproof frying pan. Fry the shallot for 2min over a medium heat until it begins to soften. Add the courgette, cook for 1min, then stir in the mushrooms and cook for another 2min.

**4** Add the eggs to the pan. Cook for about 3min over a medium heat – they should still be soft. Sprinkle with grated cheddar and grill for 3min until set, golden and bubbling. Cut into wedges.

**5** Put the rocket and watercress into a bowl, add the dressing, toss together, then sprinkle with the parmesan crisp pieces. Serve with the frittata.

**609cals, 56g fat (14g saturates), 3g carbs (3g total sugars) per serving** ➤