

Frittata

THIS RECIPE IS BROUGHT TO YOU BY
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SERVES 6 PEOPLE (FILLS LARGE LASAGNE DISH)

Ingredients

- 1 large sweet potato, diced
- 1 large capsicum, chopped
- 1 red onion, sliced
- 12 button mushrooms, sliced
- 12 eggs
- 50g parmesan cheese, grated
- Salt
- Pepper
- Fresh basil



SERVING SUGGESTION:
Serve with a fresh green salad.

The beauty of this dish is that you can use any cooked vegetables you like. It is a great way to use up leftover roast vegetables, or to clear out the veggie drawer in the fridge.



Method

Roast sweet potato on a baking tray (seasoned with a drizzle of olive oil, salt and pepper), until cooked through.

Roast red capsicum on baking tray (this will take less time than the sweet potato, so you can do on a separate dish, or add part-way through cooking sweet potato).

Sauté red onion with olive oil on a low heat, until soft. Add mushrooms and cook through.

Add all cooked vegetables to lasagne dish (lined with baking paper).

In a large jug / bowl, crack eggs, add salt and pepper and whisk with a fork. Add some basil leaves to eggs mixture.

Pour egg mixture over the vegetables in dish, sprinkle with parmesan cheese, and bake in oven at around 180 degrees until cooked through.

