

47 Annoying
Oranges

Oven-roasted roots frittata

This is a great way to use up odds and ends of fresh veg, and leftovers too. You can use more or less whatever you fancy from the list, though I do think some kind of onion is essential. As the egg is poured straight into the roasting dish full of hot veg, you don't need to fry this frittata at all, but it helps to have a heavy ceramic or cast-iron dish, which retains the heat well. And the eggs should be at room temperature, not cold from the fridge.

< Double recipe

SERVES 4-6

About 600g mixed winter veg, such as shallots or onions, carrots, squash or pumpkin, parsnip, celeriac, beetroot, potatoes

1 large garlic clove, finely chopped

3 tablespoons rapeseed or olive oil

7 large or 8 medium eggs

A handful of mixed herbs, such as curly parsley, chives and thyme, finely chopped

About ~~100g~~ ^{100g} ~~Parmesan~~, ^{hard goat's cheese} or other well-flavoured hard cheese, grated / ^{Feta}

Sea salt and freshly ground black pepper

Preheat the oven to 190°C/Gas Mark 5. Meanwhile, prepare your chosen veg: peel shallots or onions and quarter or thickly slice; peel carrots and cut into 5mm slices; peel squash or pumpkin, deseed and cut into 2-3cm cubes; peel parsnip, celeriac and beetroot and cut into 1-2cm cubes; cut potatoes into 1-2cm cubes.

Put all the veg into an ovenproof dish, about 23cm square. Add the garlic, oil and plenty of salt and pepper and toss well. Roast for about 40 minutes, stirring halfway through, until the veg are all tender and starting to caramelise in places.

Beat the eggs together with the chopped herbs and some more salt and pepper. Take the dish from the oven, pour the egg evenly over the veg and scatter over the grated cheese. Return to the oven for 10-15 minutes until the egg is all set and the top is starting to colour. If your oven has a grill, you can use that to accelerate the browning of the top.

Leave to cool slightly, then slide the frittata out on to a plate or board. Serve warm or cold. Perfect lunchbox fare...

* Double recipe

* Chop vegetables
small

eg. parsnip, carrots,
onion, potatoes

~~Handmade~~