

Pumpkin and spinach frittata

Ingredients

- 500g pumpkin, peeled, deseeded, cut into 1cm-thick wedges
- 1 large capsicum, deseeded, cut into 1.5cm pieces (3/4 cup)
- 1 cup chopped mixed greens (spinach, beet leaves and sweet potato tips)
- 2 tsp olive oil, ½ tsp ground cloves
- 2 red onions, thinly sliced
- 2 garlic cloves, thinly sliced
- 2 tsp Italian Red Wine Vinegar
- 12 eggs
- 1/2 cup milk
- 80g tasty cheese, grated
- 1 Tbls fresh Rosemary, picked and chopped finely

Method

1. Heat oven to 200oC
2. Prepare the vegetables, herbs and egg mix
3. Roast Pumpkin cubes, 20 mins
4. Prepare two deep oven trays with greaseproof paper and a little oil
5. Slice the onions, cook in a frypan until softened.
6. Wash, spin and slice greens
7. Check pumpkin, when cooked remove from the oven and cool
8. Arrange the cooked pumpkin, chopped vegetables and spinach in both trays. Sprinkle a little cheese across the top.
9. Pour in the egg mix, be careful to use half on each tray.
10. Cook for 20 mins or until the egg has set.
11. Let cool and serve cut into squares