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 and mibuna)
* 2 tsp olive oil, ½ tsp ground cloves
* 1 red onion, thinly slice
* 2 garlic cloves, thinly slice
* 2 tsp Italian Red Wine Vinegar
* 12 eggs
* 1/2 cup milk
* 80g tasty cheese, grated
* 1 Tbls 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 a deep oven tray 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 the tray (use two if there is a lot of mix) Sprinkle a little cheese across the top.
9. Pour in the egg mix
10. Cook for 20-30 mins or until the egg has set.
11. Let cool and serve cut into squares