



Summer Vegetable Frittata



ZUCCHINI, ASPARAGUS, CAPSICUM, TOMATO, SILVERBEET, ASPARAGUS ALL WORK WELL IN THIS FRITTATA

PREP. TIME 30 mins

COOKING TIME 20 mins

SERVES 6

INGREDIENTS

- 4 small potatoes or 2 sweet potatoes
- 1 onion
- 2 cloves of garlic
- 2 cups of spring / summer vegetables; zucchini, capsicum, silverbeet, kale.
- 2 tomatoes sliced or a handful of halved cherry tomatoes
- 3 teaspoons of olive oil
- ¼ cup of basil leaves
- ¾ cup of feta cheese crumbled
- ½ cup tasty cheese if you have it handy
- 6-8 eggs lightly beaten

EQUIPMENT

- Solid stove top frying pan or electric frying pan with lid
- Cake pan or glass baking dish
- Chopping board
- Knives
- Teaspoon
- Grater
- Bowl

Method - oven baked frittata

1. Pre heat oven to 200 degrees celsius. Line oven tray with a thin layer of olive oil.
2. Wash and slice potato or sweet potato or other vegetables that could roast such as carrot or beetroot. Put them in a tray in a single layer. Season with salt and pepper. Roast for 30 minutes or until lightly brown.
3. Slice up onion and finely dice garlic.
4. Chop silverbeet, capsicum and grate zucchini if you are using it.
5. Heat 2 tsp oil in a frying pan and fry up the onion and garlic.
6. Add the silverbeet and capsicum to the pan and continue to fry.
7. Lightly beat eggs in a bowl and mix in feta and other cheese.
8. In your baking tray, add your onion, garlic and other ingredients from the fry pan.
9. Layer with your roasted vegetables.
10. Pour over the egg mixture.
11. Add cherry tomatoes or sliced tomato to the top and another thin layer of grated cheese.
12. Bake in the oven for 20 minutes or until the frittata has set.





Method – Stove Top or Electric Fry Pan Frittata

1. Using a cast iron pan or fry pan without a handle begin by frying your onion and garlic.
2. Add your chopped seasonal summer vegetables to the pan and continue to cook.
3. Add your roasted vegetables to the pan while it is still on the stove.
4. Lightly beat eggs in a bowl and mix in the cheese.
5. Pour over the egg while it is still cooking.
6. Grate some cheese and add cherry tomato halves or sliced tomato and basil or parsley to the top.
7. Put lid on electric fry pan or find lid to cover fry pan and the top will begin to cook.

Serving Suggestion

Serve with a green salad.

Tips

Add diced bacon to your frittata for some added flavour.

If you have less time to make your frittata, avoid using the roast vegetables.

If you are using grated vegetables such as zucchini you can press it with some paper towel to absorb some of the liquid so that your frittata is not too watery.

Frittata can be prepared in muffin trays for easy portion sized meals.

Left over frittata is great for a lunch or a breakfast the next day, or freeze portions for dinner or lunch in future.

