

Frittata to go

 Serves: 5  Difficulty: Medium



Ingredients

- 2 tbsp olive oil
- 1 red or green capsicum - diced
- 1 cup pumpkin - diced
- 1 zucchini - diced
- 1 cup sweet potato - diced
- 1 cup mushrooms - sliced
- 1/2 red onion - sliced
- 1 cup spinach
- 1 tsp garlic - crushed
- 6 eggs - beaten
- 1/2 cup reduced-fat milk
- 1 cup grated reduced fat cheese
- 1/2 tsp smoked paprika
- 1/4 tsp dried oregano
- 1/4 tsp black pepper

Method

1. Pre heat the oven to 180c.
2. Put the pumpkin and potato in a bowl and toss with a third of the oil, tip on a tray and bake for 20-25 minutes.
3. Toss the capsicum, mushrooms and zucchini with another third of the oil and bake for 10-15 minutes.
4. In a pan, heat the remaining oil and fry off the onion and garlic.
5. Tip all of the vegetables including the onion and spinach into a bowl and mix with the paprika, oregano and pepper.
6. In a separate bowl, beat the eggs, cheese and milk together.
7. Combine the 2 mixtures and pour into a lined and lightly sprayed deep dish and bake for 35 minutes to an hour, depending on the size of the tray, or until set and beginning to brown slightly. Serve hot or cold.