

Vegetable Frittata

Ingredients

3 medium potatoes

300g piece of pumpkin

Small bunch leafy greens – *half a bunch of silverbeet or kale, or a small pack of baby spinach, or any combination of these will work well*

½ cup loosely packed herbs – *like basil, parsley, oregano, thyme*

3 spring onions

8 large eggs

½ cup milk

Pinch nutmeg

Pinch cumin

100g tasty cheese

Salt and pepper



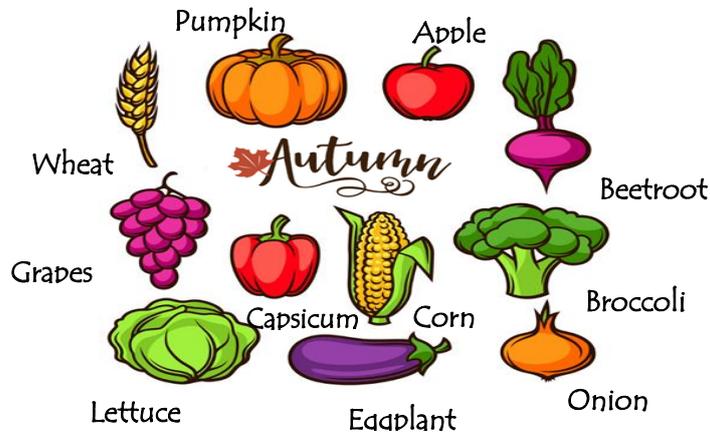
What to do:

- 1) Preheat oven to 180c.
- 2) Grease a rectangular baking dish with oil and line with baking paper
- 3) Peel the potatoes and slice into 5mm pieces. Microwave the potatoes for 4 minutes, 2 minutes at a time, to soften
- 4) Peel the pumpkin, slice into 5mm pieces and microwave the same way as the potato
- 5) Wash the leafy greens, shake off the water, remove the leaves from the stems, roll the leaves and chop
- 6) Wash the herbs, spin dry, pick the leaves off and chop
- 7) Slice the spring onions thinly
- 8) Grate the tasty cheese
- 9) Combine the eggs, milk and spices into a jug and whisk together. Season with salt and pepper
- 10) Arrange the leafy greens into the baking dish
- 11) Layer the potato, pumpkin, spring onions, herbs on top of the leafy greens
Sprinkle with a little cheese
- 12) Gently and evenly, pour the egg mixture over the vegetables and push the vegetables down with your finger tips to make even
- 13) Sprinkle on the remaining cheese
- 14) Bake frittata in the oven for 30 minutes or until set and golden on the top
- 15) Slice frittata and arrange on a serving plate. Enjoy

Bonus Writing Challenge

It's May! The last month of Autumn. The weather is getting colder. The leaves are changing colour and falling off the trees. The rain has started falling.

This week's bonus Kitchen Garden Activity is to write an 'Acrostic Poem'. Your poem could be about the season of 'Autumn' or it could be about any fruit, vegetable or herb that is plentiful at this time. Some examples include:



Write your poems on a white A4 piece of paper and decorate with drawings of Autumn or your chosen fruit or vegetable. I would love to have a wall display of your poems in the Kitchen. To do this, upload a photo of your poem to your classroom teacher via Seesaw and I will print them out. Don't forget your name and class.

To write an Acrostic Poem, write the name your chosen word vertically down the page in CAPITAL LETTERS. The first letter of each line is then used to spell out a word or phrase related to the word you have chosen. I have made a sample below using PUMPKIN.

