

FRITTATA

Ingredients:

- 3 x potatoes, peeled
- 1 small piece pumpkin, skin removed
- 3 x spring onions
- 1 bunch leafy greens, washed, spun and roughly chopped
- 1 hand full fresh herbs
- ¼ tea spoon nutmeg
- ¼ tea spoon ground cumin
- 10-12 eggs, beaten in a jug
- 200g cheese grated



What to do:

- 1) Preheat oven to 180c and grease baking dishes. (1 for each table)
- 2) Slice potatoes very fine and spread evenly onto microwave safe dinner plate.
- 3) Microwave for 4 mins, 2 mins at a time.
- 4) Repeat with finely sliced pumpkin.
- 5) Measure spices into eggs and whisk to combine, season with salt and pepper.
- 6) Arrange leafy greens in baking dishes.
- 7) Prepare herbs and slice spring onions.
- 8) Layer pumpkin, potato, herbs and spring onions with a little cheese in baking dishes.
- 9) Gently and evenly, pour egg mix over vegetables and push vegetables down with fingertips to make even.
- 10) Cover with remaining cheese and bake in oven till set and lightly coloured. About 20mins.