

## Spinach, Leek and Pumpkin Frittata

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 50 minutes



3 serves per portion

### Ingredients

4 cups pumpkin (any variety), peeled and cubed

2 tablespoons olive oil

1 tablespoon mixed herbs

Black pepper, to taste

2 leeks, washed and finely sliced

2 garlic cloves, finely diced

400g baby spinach

8 eggs

2 cups natural yoghurt, reduced fat

120g reduced fat cheddar cheese, grated

### Method

PREHEAT oven to 170°C. Line a pie dish with baking paper.

PLACE pumpkin on a baking tray. Drizzle with 1 tablespoon of oil and toss through mixed herbs and pepper. Bake in the oven for 25 minutes.

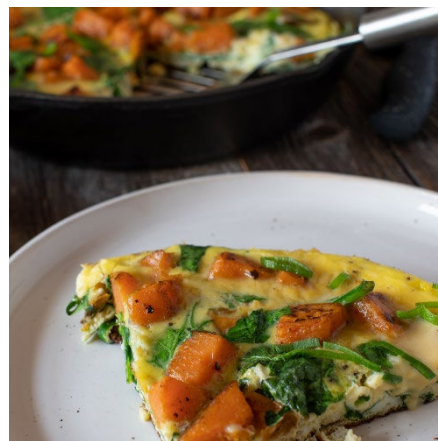
HEAT remaining olive oil in a frypan over medium heat. Add leek and stir to cook until soft. Add garlic and spinach and stir until spinach is wilted.

WHISK eggs, yoghurt and cheese together in a bowl. Stir in roasted pumpkin, leek, and spinach mix.

POUR mixture into lined pie dish.

BAKE for 20-25 minutes or until golden and set.

SERVE warm or cold with a side salad.



Everyday Food

*Recipe courtesy of the Country Kitchens team*