

Oven Baked Frittata

Serves: 2

Prep time: 15 minutes

Cook time: 40-50 minutes



2 serves per portion

Ingredients

100g Kent pumpkin, diced into 1cm cubes

½ red capsicum, diced into 1cm cubes

½ small zucchini, diced into 1cm cubes

1 garlic clove, finely chopped

½ tablespoon olive oil

Pinch salt and pepper

3 eggs

¼ cup milk, reduced fat

1 teaspoon dried mixed herbs

50g reduced fat feta, crumbled



Everyday Food

Method

PREHEAT oven to 200°C and line an oven tray with baking paper.

PLACE diced pumpkin, capsicum, zucchini and garlic in a bowl and toss with olive oil and salt and pepper.

SPREAD vegetables over the tray and bake for 20 minutes. Remove from oven, lower temperature to 180°C.

GREASE two ramekins with olive oil.

WHISK eggs and milk in a small bowl and add the herbs and feta.

DIVIDE the cooked vegetables between the ramekins and pour the egg mixture evenly over the top of each one.

BAKE for 20-30 minutes until the centre is set and top is browned

REST for 5 minutes before serving.

Note: If you use deep ramekins the frittata may take longer to cook in the centre. Alternatively use a small baking dish.

Recipe courtesy of the Country Kitchens team