

Ricotta, Broccoli and Potato Frittata

OSHC

ACNAS



Serves: 20

Prep Time: 30 minutes

Cook Time: 15 minutes

Ingredients

- 500g small potatoes
- 1kg broccoli
- 3 tbsp extra virgin olive oil
- 2 red onions
- 5 cloves garlic, crushed
- 1 tsp ground cumin
- Chilli flakes to taste (optional)
- 30 eggs
- 250g ricotta cheese

Method

1. Pre-heat oven to 200C.
2. Boil the potatoes for 10-15 minutes until tender. Drain potatoes and slice thickly.
3. Chop broccoli into small florets, and cook for 2 minutes until tender, drain and set aside.
4. Heat oil in a fry pan over medium heat, fry onion for 5 minutes until softened, then add the garlic and spices and cook for a further 1 minute. Add potatoes and broccoli to pan, toss to coat in the spices.
5. Transfer vegetables to a large baking dish.
6. Beat the eggs thoroughly in a large jug and pour over the potato and broccoli mixture. Dollop the ricotta on top.
7. Bake in oven for 10-15 minutes or until cooked through.
8. Slice frittata into wedges and serve with a green side salad.

Recipe Notes:

The broccoli could be substituted with green beans, broad beans or asparagus in this recipe. Use different spices or herbs if preferred – smoked paprika, dried thyme or oregano.

Food Group	Serves provided per portion
Vegetables	1.2
Fruit	0
Grain foods	0
Lean meat and alternatives	0.8
Milk, yoghurt and cheese	0.1