

Roast Pumpkin & Sweet Potato Frittata

Food Foundations

Ingredients

- 600g diced sweet potato
- 600g pumpkin peeled and diced
- 600g potato peeled and diced
- 1 tbsp olive oil
- 1 tbsp dried rosemary
- 16 eggs
- 1.5 cups milk
- 1/2 cups parsley roughly chopped
- Olive oil spray
- 500g grated cheese
- 1kg rice

Serves: 20

Prep Time: 15 mins

Cook Time: 1 hour 10 mins



Method

1. Pre-heat oven 180°C
2. Place sweet potato, potato and pumpkin onto oven baking tray and drizzle over olive oil, sprinkle over rosemary. Roast approximately 25 minutes or until tender and golden.
3. In large bowl whisk eggs with milk and ¾ chopped parsley.
4. Remove cooked vegetables from oven and place into pre-sprayed baking tray. Pour over egg mixture and sprinkle with cheese. Bake in oven for 30-40 minutes or until eggs are set.
5. Cook rice as per packet instructions and set aside
6. Remove frittata from oven and sprinkle on the rest of the parsley.
7. Cool for 10 minutes and cut into slices. Can be served hot or cold with the rice.

Recipe Notes:

As an alternative to full cream milk, use soy milk. Serve with a slice of wholemeal bread for an additional grain serve.

Food Group	Serves per portion
Vegetables	1.2
Fruit	
Grain foods	1.4
Lean meat and alternatives	0.4
Milk, yoghurt and cheese	0.7