



ROAST VEGETABLE AND GREENS FRITTATA

Season: Autumn, winter
From the garden: Pumpkin, fennel, capsicum, snowpeas, kale, parsley, eggs
Type: Lunch, dinner
Difficulty: Medium
Country of origin: Italy
Serves: 6 serves or 35 tastes
Source: www.foodinaminute.co.nz

Equipment

**chopping boards*

**knives*

**small bowls*

**big, ovenproof frying pan or
roasting dish*

**whisk*

**measuring cup and spoons*

**grater*

**wooden spoon*

**big bowl*

Ingredients

**650g vegetables for roasting*

**a few handfuls of kale*

**1 red onion,*

**2 cloves garlic*

**oil for frying*

**8 eggs*

**100ml cream*

**150g grated cheese*

**handful of parsley*

**1 tsp salt*

**ground black pepper*

**¼ cup sunflower seeds*

Method

1. pre-heat oven to 200 degrees

2. cut the vegetables for roasting into bite size pieces, toss in oil and place in the oven for around 30 minutes until tender
3. wash kale leaves, remove the tough rib in the middle and slice into strips
4. peel and cut onion and garlic in small pieces
5. cut up herbs and grate the cheese
6. break eggs into a bowl, add cream, cut-up herbs, salt and pepper and whisk.
7. add oil to the frying pan or roasting dish and fry onion and garlic until lightly browned.
8. add the roasted vegetables and kale and mix with the onion/garlic.
9. pour the egg/cream mixture over the vegetables
10. spread grated cheese over the top, sprinkle with sunflower seeds and place in the oven for 15-20 minutes until browned and the egg has set.
11. let the frittata cool, cut into pieces and serve with salsa or a salad.

Notes: *Any vegetables can be used, depending on what is in season. Great for lunch or dinner when served warm, or cold for a school lunch box.*

Skills: *Measuring, slicing, grating, sautéing*