



ROAST VEGETABLE FRITTATA

Season:	year round
From the garden:	<i>pumpkin, beetroot, pepper, parsley, basil, eggs</i>
Type:	<i>lunch, dinner</i>
Difficulty:	<i>medium</i>
Country of origin:	italy
Serves:	<i>6 serves or 35 tastes</i>
Source:	<i>www.foodinaminute.co.nz</i>

Equipment

- *chopping boards*
- *knives*
- *small bowls*
- *big, ovenproof frying pan or roasting dish*
- *whisk*
- *measuring jug*
- *grater*
- *wooden spoon*
- *big bowl*

Ingredients

- *650g roast vegetable (we are using beetroot, pumpkin and red peppers)*
- *1 red onion, 2 cloves garlic*
- *oil for frying*
- *8 eggs*
- *100ml cream*
- *150g grated cheese*
- *handful of herbs like parsley and basil*
- *1 tsp salt*
- *ground black pepper*
- *pumpkin seeds (optional)*

Method

- 1. pre-heat oven to 210 degrees**
- 2. peel the roasted pumpkin and cut into bite size pieces.**
- 3. cut roasted beetroot and peppers into bite size pieces.**
- 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 roast vegetables and mix with the onion/garlic.**
- 9. pour the egg/cream mixture over the vegetables**
- 10. spread grated cheese over the top, sprinkle with pumpkin seeds and place in the oven for 15-20 minutes until browned and the egg has set.**
- 11. let it cool, cut into pieces and serve with the salsa or a salad.**

Notes: *any roast or fresh 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*