



MIXED VEGETABLE AND GREENS FRITTATA

Season: Autumn, winter
From the garden: Pumpkin, potato, kale, spring onion, courgette, peas, herbs, eggs
Type: Lunch, dinner
Difficulty: Medium
Country of origin: Italy
Serves: 6 serves or 35 tastes
Source: www.foodinaminute.co.nz

Equipment

- *chopping board and knife*
- *bowls*
- *measuring cup and spoons*
- *ovenproof frying pan x 2*
- *whisk*
- *grater*
- *wooden spoon*

Ingredients

- *1/2 butternut pumpkin*
- *handful of kale*
- *a few spring onion*
- *2 medium potato*
- *1 small courgette*
- *1 cup peas (frozen)*
- *handful of fresh herbs*
- *2 cloves garlic*
- *oil for frying*
- *8 eggs*
- *100ml cream*
- *2 cups of grated cheese*
- *1 tsp salt*
- *ground black pepper*
- *1/4 cup sunflower seeds*

Method

- 1.pre-heat oven to 200 degrees**
- 2.peel and deseed the pumpkin and chop in small cubes. Cut the potatoes into same sized cubes and slice the courgette thinly**
- 3.cook the potato and pumpkin in the microwave for a few minutes until softened**
- 4.wash kale leaves, remove the tough rib in the middle and slice into strips**
- 5.cut the spring onion and garlic in small pieces**
- 6.cut up herbs and grate the cheese**
- 7.break eggs into a bowl, add cream, cut-up herbs, salt and pepper and whisk.**
- 8.add oil to a frying pan and fry onion, courgette and garlic until lightly browned**
- 9.put half of the fried onion/garlic/courgette mixture into the other pan and add the vegetables into both pans**
- 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**

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*