

Roasted Pumpkin & Zucchini Frittata | Serves: 6

Ingredients:

1kg butternut pumpkin
Any other veggies you have leftover in the fridge
300 grams zucchini, sliced
1 teaspoon of olive oil
2 tablespoons fresh basil, chopped
4 eggs
1/2 cup cream or milk
1/2 cup cheddar cheese, grated
Salt and Pepper to season



Method:

Steam pumpkin for 10-12 minutes or until tender.
Sauté zucchini and onion in a frypan for 3–4 minutes
You can add any other vegies you have in fridge - try broccoli, capsicum, tomatoes or grated carrot! Then add basil
In a large bowl, whisk together eggs and cream (or milk)
Add pumpkin and zucchini, mix and season to taste
Pour mixture into a lightly oiled 25 X 17cm baking tray
Top with grated cheese and bake in an oven for 20-25 minutes or until golden and firm
Allow frittata to rest and then enjoy!