

ROASTED VEGETABLE FRITTATA

2 medium (840g) sweet potatoes

2 (600g) red capsicums

olive oil

1 cup (50g) baby spinach leaves

8 eggs

salt to taste

ground black pepper

Pre-heat oven to 180°C. Grease a 15cm x 15cm square baking dish.

Peel the sweet potatoes and cut into 5cm cubes. Seed the red capsicums and cut into quarters. Place sweet potato and red capsicum pieces in a baking dish, drizzle with a little olive oil and bake for 10-15 minutes or until golden brown and tender. Remove from oven, wrap in foil and allow to cool.

Peel skins from cooled roasted red capsicum, and cut into 5cm x 3cm pieces. Slice sweet potato into 5mm thick slices.

Line the base of prepared baking dish with one layer of sweet potato pieces. Top with a layer of roasted capsicum. Carefully place 2-3 layers of baby spinach leaves on top of capsicum. Repeat until all vegetables used, and top layer is roasted red capsicum.

Beat eggs lightly in a bowl, season with salt and pepper. Pour beaten eggs over the layered vegetables. Twist and turn the baking dish to ensure the egg mixture is evenly distributed and fills gaps between all vegetables.

Bake in pre-heated oven for 20-30 minutes or until firm when touched in the middle.

Serve with salad as starter or light lunch.

Serves 6-8

