



Frittata Recipe

Serves 4

8 eggs
1 leek - chopped
1 onion – chopped
1 red pepper – chopped
1 green pepper – chopped
half a small butternut squash – skinned and diced
2 cloves garlic chopped small
teaspoon + dessert spoon olive oil
teaspoon mixed herbs
Salt and pepper

First toss the butternut squash in 1 teaspoon olive oil, 1 teaspoon mixed herbs, pinch salt and pepper. Roast in the oven until soft.

Meanwhile gently fry the leek, onion, peppers and garlic in the remaining oil until soft but with a bite.

Mix squash with the other veg.

In a separate bowl whisk up the eggs. Then mix all ingredients together and pour into a greased baking dish.

Cook for 10-20 minutes in the oven at 200 degrees.

Nutrition per serving:

Calories 238kcal

Salt 0.15g

Sugar 6g

Fat 13g

High in protein, vitamin C & vitamin A!

Wedges

Cut potatoes into wedges, toss with oil, salt and pepper and paprika. Bake for 30-60 minutes checking throughout.