

Baked frittata

Ingredients

Serves 4

1 tablespoon oil

1 onion, diced

4 eggs

1 cup milk

2 kūmara, grated

3 silverbeet leaves, finely sliced

pinch salt

pepper to taste

Method

1. Preheat oven to 180°C.
2. Heat oil in a frying pan over low heat. Add onion and cook until soft. Set aside to cool.
3. Beat eggs and milk in a large bowl.
4. Add kūmara and silverbeet.
5. Add cooked onions, salt and pepper, mix well.
6. Place in baking dish and bake for 45-60 minutes until the mixture is set and golden brown.
7. Remove from oven, allow to cool slightly and serve.

Variation

- In place of kūmara, use grated pumpkin, potato or carrot.
- In place of silverbeet, use spinach, fresh herbs or kale.



Equipment

-  Baking dish
-  Cutting board and knife
-  Egg beater or whisk
-  Frying pan
-  Grater
-  Large bowl
-  Measuring cups
-  Measuring spoons

Preparation and cooking skills

Bake, beat, dice, grate, mix, slice.

Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.