

Roasted Capsicum, Sweet Potato & Pumpkin Frittata

A flavour-packed, high-protein frittata that freezes beautifully. Make ahead on the weekend and freeze in individual portions - perfect as a high protein breakfast for busy mornings.



Ingredients

- 2 cups sweet potato (approx. 1 sweet potato) diced into 2cm pieces
- 2 cups pumpkin (approx. ¼ pumpkin) diced into 2cm pieces
- 1 Tablespoon olive oil
- 1 Red Chill, diced
- 1-2 cloves garlic, crushed
- 1 Tablespoon rosemary
- 2 red capsicums, de-seeded and diced
- 8 large free-range eggs
- ¾ cup unsweetened almond milk
- 2 cups baby spinach, roughly chopped
- ¼ cup (loosely packed) fresh parsley, chopped
- Pinch pink salt and black pepper

Method

- Preheat fan-forced oven to 180°C/356°F
- Combine sweet potato, pumpkin, olive oil and rosemary. Place in an oven-baking tray and roast for 30 minutes or until tender and golden. After half way, add capsicum to tray and roast for remaining time.
- Whisk eggs, almond milk, garlic, chilli, salt and pepper. Remove cooked vegetables from oven.
- Spread vegetables evenly in a greased or lined quiche or pie dish. Sprinkle over baby spinach. Pour over egg mixture ensuring that all vegetables are covered. Add extra eggs to cover vegetables if needed.
- Bake in oven for 30 - 40 minutes or until egg is set.

Tip: Serve warm or chilled with a dollop of dairy free pesto