

Eggs are a wonderful, inexpensive source of protein (6g per egg) and by using them in a frittata you can combine them with lots of veggies – it's a great way to empty your crisper. What's more, you can enjoy this dish any time of the day.

### **Lots of greens, sweet potato & goats cheese frittata with capsicum & hazelnut salsa**

Serves 6

Preparation time: 25 minutes

Cooking time: 65 minutes

GF

VEG

400g sweet potato, peeled, cut into 1.5cm dice  
150g green beans, trimmed, cut into 1cm rounds  
1 bunch asparagus, trimmed, cut into 1cm rounds  
150g broccoli, trimmed, cut into small florets  
8 eggs  
2 tablespoons milk  
75g goats cheese, crumbled  
¼ cup chopped fresh herbs (chives, parsley, mint)  
Salad leaves, to serve

#### Roasted pepper salsa

120g roasted red capsicum, chopped  
2 tablespoons lightly toasted peeled hazelnuts, chopped  
1 tablespoon chopped fresh chives  
1 teaspoon white balsamic vinegar

1 Preheat oven to 200°C or 180°C fan forced, line a large baking tray with baking paper. Place sweet potato on prepared tray, spray lightly with olive oil. Roast for 25-30 minutes, or until golden and tender. Set aside to cool.

2 Meanwhile, place the beans, asparagus and broccoli in a steamer over a saucepan of boiling water. Cover and steam until just tender. Refresh under cold running water. Drain well.

3 Whisk the eggs, milk, half the goats cheese and herbs in a large bowl. Season with sea salt and freshly ground black pepper. Add the steamed vegetables and sweet potato, stir to combine.

4 Reduce oven temperature to 180C or 160C fan forced. Line the base and sides of a 22cm round baking tin with baking paper. Pour mixture into prepared tin, evenly distribute the vegetables. Dot top with remaining goats cheese. Bake for 35 minutes, or until puffed, golden and firm. Remove and set aside on a wire rack to cool for 10 minutes.

5 Meanwhile combine roasted capsicum, hazelnuts, chives and balsamic in a medium bowl. Carefully remove frittata from tin, serve with the roasted pepper salsa and salad leaves.

Tip: you will need approximately 1 large capsicum for 120g roasted capsicum.

Tip: this frittata will keep, in an airtight container in the fridge, for up to 3 days. Leftovers are ideal for lunch boxes.