



Cooking Made Easy

hello@hellofresh.com.au | 02 81 888 722

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Pumpkin & Potato Frittata with Ricotta

Sure, lasagna's OK. But you know what's really special? Oven baked pumpkin and potato frittata with creamy ricotta of course! We promise after you've tucked into these rosemary roasted veggies topped with rocket and zingy fresh lemon juice, you'll never look at your baking dish in the same way!



Prep: 15 mins

Cook: 35 mins

Total: 50 mins



level 2



gluten free



Pumpkin



Potatoes



Rosemary



Eggs



Green Beans



Parsley



Ricotta



Rocket



Lemon

2P	4P	Ingredients
300 g	600 g	pumpkin, cubed
300 g	600 g	potatoes, thinly sliced A
1 bunch	2 bunches	rosemary, destemmed
2 tbs	4 tbs	olive oil *
4	8	eggs ⊕
50 ml	100 ml	milk *
1 tbs	2 tbs	parsley, chopped
2 tbs	4 tbs	butter *
100 g	200 g	green beans, roughly chopped ⊕
100 g	200 g	ricotta
70 g	140 g	rocket, washed ⊕
1/2	1	lemon, juiced ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1880	Kj
Protein	11.6	g
Fat, total	32	g
-saturated	6.9	g
Carbohydrate	24.8	g
-sugars	7.1	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced.



2 Place the **pumpkin**, **potato**, and **rosemary** onto a baking tray and season well with **salt** and **pepper** and offer a good glug of olive oil. Place in the oven for **20 minutes**.



3 While the veggies are roasting, place the **egg** and **milk** into a large bowl and whisk until well combined, add in the chopped **parsley** and season with salt and pepper. Prepare a shallow baking dish that will hold the eggs and vegetables, lightly grease the dish with **butter**. Pour in the egg mixture and then add the roasted vegetables, **green beans**, then season with salt and pepper and place in the oven for **15 minutes**.



4 Remove from the oven and top with a few dollops of **ricotta**. Serve with a handful of **rocket**, and don't forget to squeeze over some **lemon juice** for some extra zing!

Did you know? The ancient Chinese were able to store eggs for up to several years prior to the magic of refrigeration. Today this preservation method is considered a delicacy!