



Everything But The Chef

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Roast Pumpkin & Capsicum Frittata with Dill

Ever wished you could eat breakfast at dinner time? We've made your dreams come true with this delicious Roast Pumpkin and Capsicum Frittata. With sweet caramelised pumpkin and smoky charred capsicum seeing you right, all that's left to do is crumble fetta cheese, pour over the spicy egg mixture and bake in the oven - yum! A fancy (but simple) night-time twist on that breakfast favourite egg and capsicum combo.

Prep: 15 mins
Cook: 40 mins
Total: 55 mins

level 1
gluten free **low sodium**

Pantry Items



Olive Oil

Milk



Pumpkin



Red Capsicum



Red Onion



Free-Range Eggs



Dill



Baby Spinach



Fetta Cheese

2P	4P	Ingredients	
1 portion	2 portions	pumpkin, cut into 2 cm cubes	A
1	2	red capsicum, cut into quarters	
½	1	red onion, cut into wedges	⊕
2 tsp	1 tbs	olive oil *	
4	8	free-range eggs	⊕
¼ cup	½ cup	milk *	
1 bunch	2 bunches	dill, finely chopped	
½ bag	1 bag	baby spinach, washed	B ⊕
½ block	1 block	fetta cheese, crumbled	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1720	Kj
Protein	27.9	g
Fat, total	23	g
-saturated	8.7	g
Carbohydrate	21.2	g
-sugars	16.7	g
Sodium	473	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, oven tray lined with baking paper, jug or small bowl and a medium ovenproof frying pan.*

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

2 Toss the **pumpkin, red capsicum and red onion** in the **olive oil** and place in a single layer on the prepared oven tray. Season with **salt and pepper**. Cook for **20 minutes** or until tender. Cut the capsicum into thin strips. **Tip:** Cutting capsicum into thin strips after it cooks prevents it from charring too much in the oven.



3 Whisk the **free-range eggs, milk, and dill** in a jug or bowl until well combined. Season with salt and pepper.

4 Heat a dash of oil in a medium ovenproof frying pan over a medium-high heat. Add half of the **baby spinach** and cook, stirring, for **1 minute** or until wilted. Add the roasted vegetables and **fetta cheese** and distribute evenly across the base of the pan. Pour in the egg mixture and cook for **1 minute** to set the base slightly. Then, transfer the pan to the oven and cook for **10-15 minutes** or until set. **Tip:** If you don't have an ovenproof frying pan, transfer the ingredients to a greased baking dish.



5 To serve, slice the frittata into wedges and divide between plates. Serve with the remaining baby spinach drizzled with a little olive oil and a vinegar of your choice.



Did you know? Frittata comes from the Italian word “friggere” which roughly translates to “fried”.