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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



sodium

Pantry Items







Olive Oil



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	Α
1	2	red capsicum, cut into quarters	
1/2	1	red onion, cut into wedges	
2 tsp	1 tbs	olive oil *	
4	8	free-range eggs	
⅓ cup	½ cup	milk *	
1 bunch	2 bunches	dill, finely chopped	
½ bag	1 bag	baby spinach, washed	в⊕
½ block	1 block	fetta cheese, crumbled	\oplus

- 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	ms

Measuretool

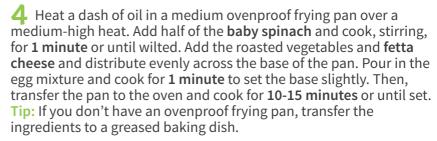
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You will need: chef's knife, chopping board, oven tray lined with baking paper, jug or small bowl and a medium ovenproof frying pan.

- 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.





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".