

Sweet potato, beetroot & goats cheese frittata



Ingredients

- 500g sweet potato, cut into 1cm cubes
- 250g (about 3 small) beetroot, cut into 1cm cubes
- 2 tbsp extra virgin olive oil
- Salt and pepper
- 2 small red onions, thinly sliced
- 1 bunch spinach, trimmed or 60g baby spinach
- 6 free-range eggs
- 100ml plain natural yoghurt
- 1 clove garlic, crushed
- 1 teaspoon whole cumin seeds
- 10 chives, thinly sliced
- 100g goats cheese
- 2 tbsp pumpkin seeds

Serve with dressed greens



How to make

Vegetarian, dairy free, vegan option, gluten free option

Serves 2

Before you start: If you don't have an oven safe frying pan, assemble the frittata in a greased, 20cm round baking dish or tray

1

Preheat your oven to 180 degrees and line a baking tray with baking paper.

In a bowl, toss the cubed sweet potato and beetroot with 1 tablespoon of olive oil and salt and pepper, spread the vegetables over the lined baking tray and place in the oven to roast for 20 minutes.

2

While your vegetables are roasting, heat the other tablespoon of oil in a non-stick 20cm frying pan (that is oven safe) over a medium heat. Add the sliced onion to the pan, gently stirring it for 10 minutes until the leek is soft and fragrant. If the onion starts to stick or burn, turn the heat down on your stovetop.

Once the onion is cooked, add the spinach and cook until it is completely wilted. If there is excess liquid in the pan, drain it off before the next step.

3

When the vegetables are done, remove them from the oven and add them to the pan with the onion and spinach, stirring everything together to combine. Do this over a low heat.

Note: Store the frittata in an airtight container in the fridge for up to 3 days or freeze for up to 1 month

How to make

4

Whisk the eggs and yoghurt together in a medium bowl. Season well with salt and pepper and then add the crushed garlic, cumin seeds and chopped chives.

When ready, pour the egg mixture over the vegetables in the pan. Shake the pan gently for a couple of seconds to ensure everything is evenly combined and then crumble over the goats cheese and sprinkle the pumpkin seeds on top.

Place the frying pan in the already heated oven to cook for 30 minutes or until it is golden brown and just set (a slight jiggle in the middle is perfect). Remove from the oven and set aside to cool slightly.

5

Slice the frittata into four even slices, top with a pile of dressed greens and enjoy while still warm!

