

Moroccan Vegetable Frittata

Ingredients:

- ❖ 2 x sheets of puff pastry
- ❖ 6 eggs, whisked
- ❖ ½ cup of skim milk
- ❖ 2 tbsp. low fat cream
- ❖ ½ cup of lowfat cheddar cheese
- ❖ 1 cup of mushrooms
- ❖ ½ cup of spinach
- ❖ ½ cup red capsicum, thinly sliced
- ❖ ½ cup of red onion, thinly sliced
- ❖ ½ cup of pumpkin, cooked and diced
- ❖ 1 cup of potato, cooked and diced
- ❖ ½ cup of broccoli
- ❖ 1-2 tsp of chilli flakes
- ❖ 1 tbsp of Moroccan seasoning
- ❖ 1 tbsp of Italian Herb seasoning

Serves 4



Method:

Place baking paper in a round baking tray. Place two sheets of puff pastry diagonally in the tray so that all sides of the tray are covered. Next in a large mixing bowl combine all remaining ingredients and mix well. Pour mixture into the puff pastry and place in oven on medium heat for 40-60 minutes, or until cooked and golden brown. Optional: serve with a rocket, cherry tomato and feta salad.