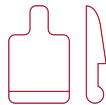




Roasted Vegetable Frittata



DIFFICULTY: EASY



PREPARATION TIME: 25
MINUTES



COOKING TIME: 75 MINUTES



SERVES: 6-8

Ingredients

200g peeled kumera, cut into 2cm pieces
200g peeled butternut pumpkin, cut into 2cm pieces
2 red onions, cut into eighths
1 red capsicum, cut into 2 cm pieces
2 tablespoons oil
1 1/2 tablespoons roughly chopped fresh rosemary
8 eggs, lightly beaten
2/3 cup cream
2/3 cup grated Parmesan cheese
Salt and freshly ground black pepper, to taste
1 x 200g punnet grape tomatoes
125g Feta cheese
Green salad, for serving

Method

Preheat the oven CircoTherm® 180°C. (This recipe may be cooked in a Microwave Combi Oven to save cooking time, check notes below).

Combine the vegetables and rosemary then place into a paper lined 32 x 26cm deep baking dish (approx 3 litre), drizzle with the oil and bake for 30-35 minutes until the vegetable are tender and starting to brown on the edges.

Meanwhile in a bowl whisk together the eggs, cream, half the Parmesan and seasonings, then pour over the cooked vegetables. Poke in the tomatoes then crumble over the feta and sprinkle with the remaining Parmesan.

Reduce the temperature to 160°C and bake for 35-40 minutes until the custard is set and the frittata is a little puffed up and lightly golden. Serve warm or cold with a green salad.

Notes

Combination Microwave Oven Cooking Method:

Combine the vegetables, rosemary and oil in a bowl. Place onto a paper lined universal tray and place on shelf position 2.

Set the oven on microwave combination. Select Circoroast at 220°C with 360W for 20 minutes or until vegetables are tender.

Meanwhile in a bowl whisk together the eggs, cream, half the parmesan and seasonings.

Place cooked vegetables into a paper lined 32 x 26cm baking dish. Pour over the egg mixture, poke in the tomatoes then crumble over the feta and sprinkle with the remaining parmesan.

Return to the oven on shelf 1 and select Hot Air at 180°C and 180W for 20 to 23 minutes until frittata is set and lightly golden. Serve warm or cold with a green salad.