

Mini Vegetable Frittatas

Season:

Autumn/Winter

Serves:

12 muffin sized frittatas

Recipe source:

Adapted from taste.com.au

Fresh from the garden:

Sweet potato, silverbeet, herbs and cherry tomatoes

Equipment: 12 hole muffin tin Small bowl Tall measuring jug Stick mixer Measuring cups and spoons Chopping boards Cooks knife Tongs Small spatulas 3 serving platters	Ingredients: 250g sweet potato and/or pumpkin, peeled and chopped into 2cm cubes Sprig of thyme 1 onion, chopped 1 tablespoon olive oil a little butter 50g frozen school grown silverbeet, defrosted A handful of fresh herbs 50g feta cheese 8 eggs 1/2 cup milk 1/4 cup grated parmesan cheese, plus extra to sprinkle on top Salt and pepper cherry tomatoes, optional
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What to do:

1. Preheat oven to 190°C. Place sweet potato into a mixing bowl and add olive oil, thyme leaves, chopped onion, a little salt and pepper. Place onto a baking tray and bake for 20-30 minutes until golden and tender. Set aside to cool. (Note: this step has been pre-prepared to allow the recipe to be completed on time).
2. Preheat the oven to 170°C.
3. Wipe muffin holes with plenty of butter to prevent the egg mix sticking.
4. Chop silverbeet leaves, then squeeze out excess liquid.
5. Finely chop herbs and cut feta into mini cubes. Share the sweet potato/pumpkin, onion, silverbeet and feta between the 12 holes.
6. Break the eggs into a small bowl, then add to the tall jug. Add milk, cheese and salt and pepper. Mix with the stick mixer until well combined.
7. Pour the egg mix into muffin holes.
8. Top each frittata with a cherry tomato if desired.
9. Bake in the oven for 20 minutes, until just set in the middle. Serve warm.