**Pumpkin, Potato and Warrigal Greens Frittata Bites**

**Serves:** 40 tastes

**Recipe source:** adapted from taste.com.au

**Fresh from the garden:** Pumpkin, potato, Warrigal Greens, herbs, tomato

**Notes:** Pumpkin has been pre-roasted for this recipe

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| **Equipment:**2 baking trays4 x silicon mini muffin traysPotato peelerMicrowave safe containerSmall bowlMedium non stick frypanTall measuring jugStick mixerMeasuring cups and spoonsChopping boardsCook’s knifeTongsSmall spatulas3 serving platters | **Ingredients:**250g roasted pumpkin2 medium sized potatoes1½ onionsOlive oil½ red capsicumLarge handful Warrigal GreensButter for greasing muffin holes 14 eggs¼ cup milk150ml cream1/3 cup grated parmesan cheeseSalt and pepperHandful fresh herbs75g grated Cheddar cheese Cherry tomatoes, optional |

**What to do:**

1. Preheat the oven to 170°C.
2. Finely chop onions and cook in a little olive oil until softened. Add the chopped capsicum and cook for a few minutes, then add the chopped Warrigal Greens and cook until wilted.
3. Peel potatoes and cut into 1cm cubes. Place into a microwave safe container along with a splash of water and cook for 2 minutes, or until tender. Drain and set aside.
4. Wipe muffin holes with plenty of butter to prevent the egg mix sticking.
5. Share the vegetables evenly between the muffin holes.
6. Break the eggs one at a time into a small bowl, then add to the tall jug. Add milk, cream, parmesan cheese and salt and pepper. Mix with the stick mixer until well combined.
7. Pour the egg mixture into each muffin hole.
8. Top each frittata with some chopped herbs and a sprinkle of grated cheese along with a slice of cherry tomato if desired.
9. Bake in the oven for around 12-15 minutes, until just set in the middle. Serve warm.