**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 trays  4 x silicon mini muffin trays  Potato peeler  Microwave safe container  Small bowl  Medium non stick frypan  Tall measuring jug  Stick mixer  Measuring cups and spoons  Chopping boards  Cook’s knife  Tongs  Small spatulas  3 serving platters | **Ingredients:**  250g roasted pumpkin  2 medium sized potatoes  1½ onions  Olive oil  ½ red capsicum  Large handful Warrigal Greens  Butter for greasing muffin holes  14 eggs  ¼ cup milk  150ml cream  1/3 cup grated parmesan cheese  Salt and pepper  Handful fresh herbs  75g 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.