



Roast Vegetable Frittata

Ingredients

- 1 small sweet potato, peeled and cut into 1cm cubes
- 1 red onion, peeled, cut into 8 wedges and then halved horizontally
- 2 small potatoes, peeled and cut into 1cm cubes
- 2 carrots, peeled and cut into 1 cm cubes
- ¼ cup extra virgin olive oil, plus 1 tablespoon extra
- 1 teaspoon sea salt flakes
- ½ teaspoon freshly ground black pepper
- 1 teaspoon dried oregano
- 2 tablespoons water
- 1 bunch broccolini, florets plus one inch of stem only
- 8 eggs
- ¼ cup pouring cream
- ¼ cup torn fresh basil or oregano leaves, plus a little extra to serve
- ½ teaspoon sea salt flakes
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon freshly grated nutmeg
- 1 bunch mini asparagus (or normal asparagus, halved vertically), if desired
- 6 cherry tomatoes, halved, if desired

Method

1. Preheat the oven to 180C.
2. Place the sweet potato, potatoes, carrots, onion, ¼ cup of olive oil, salt, pepper and oregano in an ovenproof dish and toss to ensure all the vegetables are coated in the oil and seasonings.
3. Add the water, cover tightly with foil, and then place in the oven to roast for 30 minutes. After that time, remove the foil, add the broccolini and return to the oven to roast for a further 15 minutes or until the vegetables are lovely and tender. Once they have cooked, remove from the oven and set aside to cool to room temperature*. Lower the temperature of the oven to 170C.
4. Place the eggs, cream, herbs, salt, pepper and nutmeg in a large bowl. Whisk only for about 10 seconds, just until the yolks have broken. Lightly mix in the cooled roasted vegetables.
5. Place the extra tablespoon of olive oil in a 30cm skillet or ovenproof fry pan and allow to heat over a medium-high heat. Add the egg and vegetable mixture. Allow to cook until the mixture starts to set around the edges, about 5-7 minutes.
6. Place the pan in the oven and cook for 15 minutes. Add the asparagus in a fanlike pattern and place the cherry tomato halves randomly about the top of the frittata. Return to the oven and cook for a further 10 minutes or until the centre of the frittata has just set. It will continue to set as it cools.
7. To serve, sprinkle the extra herbs over the top and slice the frittata in wedges

Cook's Note

* You can prepare the recipe up to this step the 1-2 days before you would like to serve the frittata. Make sure you allow the vegetables to cool a little before placing them in a covered container in the fridge.