



Pretty frittata

Recipe by Anna Gare

Presented at the 2018 WASCA Food Forum, supported by *Eat brighter Live Lighter*

Traffic light category: **Green**

Serves: 12 slices

Ingredients

2 large red capsicums
1kg sweet potatoes, peeled, cut into 1cm slices
4 tablespoons olive oil
Pepper
2 leeks, thinly sliced
4 cloves garlic, finely chopped
2 bunches of kale, remove stems, finely chop leaves
1 bunch dill (or basil)
15 eggs
600mL milk
3/4 cup parmesan cheese, grated
1/2 cup sunflower seeds

Method

Preheat the oven to 180°C .

Roast capsicums for 30 minutes on a baking tray, or until the skin slightly blackens and blisters.

Remove and put in a bowl, cover with plastic wrap to sweat and leave until cooled. Peel off the skins, discard the seeds and finely chop the flesh and put aside.

Toss the sliced sweet potato with 2 tablespoons of olive oil and pepper. Arrange in a single layer on two large non-stick baking trays.

Roast for 15-20 minutes, until almost cooked through.

Cook leek and garlic with 2 tablespoons of olive oil in a frying pan, sauté over low heat until softened (8 mins).

Blanch/steam chopped kale in boiling water for 2 minutes, drain and squeeze out any excess liquid.

Whisk eggs, milk, parmesan and dill together and season with pepper.

Lightly grease the base and sides of a 30x40cm (3cm high) baking tray.

Line with foil, being extra careful not to pierce the foil (otherwise egg mix escapes)

Cover base evenly with the sweet potatoes.

Spread the cooked leek evenly on top

Pour over the egg mixture.

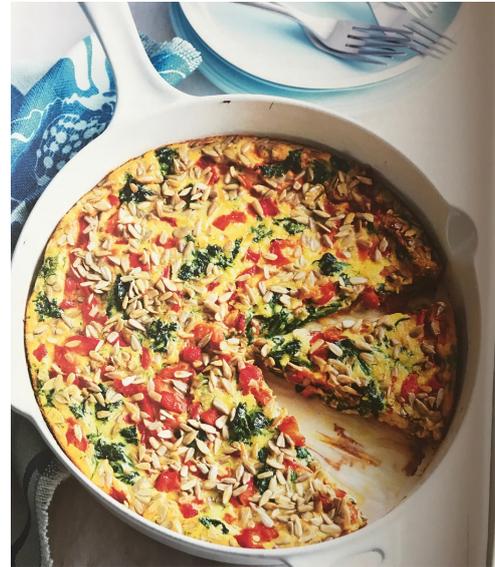
Evenly scatter the kale and roasted capsicum over the top.

Sprinkle the sunflower seeds over the top.

Bake for 35-40 minutes or until set.

Cool in tray then place chopping board on top and carefully flip over.

Remove the foil and then cut into 12 portions (3 by 4).



A note from Anna

To save time or when capsicums become expensive you can use precooked red peppers from the jar.

To change it up, the recipe will work just as well by swapping sweet potato with potato; leek with brown onion; or kale with spinach (fresh or frozen).



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