



Pumpkin feta and pea frittatinis

Published, 2023

Traffic light category: **Green**

Serves: 12 x 70g

Ingredients

- 375g butternut pumpkin, peeled, deseeded and chopped into small pieces
- 3 tablespoons frozen peas
- 150g reduced fat feta cheese, crumbled
- 6 large eggs
- Pinch black pepper
- 3 tablespoons fresh mint, chopped

Method

1. Preheat oven to 180C°
2. Place pumpkin in microwave safe bowl with a little water, microwave on high for 5-7 minutes or until tender, drain
3. Line 12 holes of a greased ½ cup capacity muffin tray with squares of baking paper - allow a little to overhang as the frittatinis will puff up
4. Divide pumpkin, peas and feta between lined muffin holes - they should be quite full
5. Lightly beat eggs and pepper in a jug, stir in mint, pour over filling
6. Place in centre of oven, bake for 20 minutes
7. Leave to cool in tin for 15 minutes before removing from tin to serve.



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