



Product Spotlight: Go-Goat

Go Goat is a premium Australian brand. Their traditionally made goat cheese is a luxurious and unique alternative to other cheeses.



Roast Pumpkin Frittata

with Broccoli and Crispy Sage

Butternut pumpkin roasted and cooked in a stove-top frittata dotted with goat cheese and served with crispy sage leaves and garlic broccoli.



35 minutes



4 servings



Vegetarian

21 July 2023

Bake it!

Bake the frittata in the oven if desired. If you have an ovenproof frypan, pop it in the oven. Alternatively, add the frittata ingredients to a lined oven dish and bake. You could also turn this into a quiche by baking it in pastry.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	21g	38g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	2 x 200g
SAGE	1 bunch
BROCCOLI	1 bunch
GARLIC CLOVE	1
FREE-RANGE EGGS	6-pack
GOAT CHEESE	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

large frypan with lid, oven tray

NOTES

Due to a last-minute supply issue, we needed to replace broccolini with broccoli in this recipe.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin. Wedge onion. Toss on a lined oven tray along with cherry tomatoes, **oil**, **2 tsp thyme**, **salt and pepper**. Roast on top rack of the oven for 20–25 minutes until pumpkin is tender.



4. WHISK THE EGGS

Crack eggs into a bowl. Add **1/2 cup water**, **salt and pepper**. Whisk to combine.



2. CRISP THE SAGE LEAVES

Heat a large frypan over medium-high heat with **1 tbsp oil**. Add sage leaves to pan for 1–2 minutes until crisp. Remove to a plate and keep pan over heat for step 3.



3. COOK THE BROCCOLI

Cut broccoli into florets (see notes). Crush garlic. Add to pan as you go. Cook for 2–4 minutes until broccoli is tender. Season with **salt and pepper**. Remove to a plate and reserve pan for step 5.



5. COOK THE FRITTATA

Heat reserved frypan over medium heat. Add roasted vegetables to pan. Pour over egg mixture and dot goat cheese over the top. Cover the pan and cook for 8–12 minutes until eggs are set.



6. FINISH AND SERVE

Garnish frittata with crispy sage and serve tableside with broccoli.



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