



Garden Veggie Frittata

with Feta

A hearty oven-baked frittata with roasted garden vegetables, creamy pockets of feta and a golden finish.



40 minutes



4/6 servings



Vegetarian

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	600g	1kg
ZUCCHINI	1	2
RED CAPSICUM	1	2
BUTTON MUSHROOMS	150g	2 x 150g
FREE RANGE EGGS	6-pack	2 x 6-pack
FETA CHEESE	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can transform this dish into a warm salad! Roast vegetables and boil eggs instead. Toss with crumbled feta and a dressing of your choice. Add crisp cos lettuce or extra roast veg to stretch it further.

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1. ROAST THE VEGETABLES

Set oven to 220°C. Dice **sweet potato** and **zucchini**, slice **capsicum** and **mushrooms**. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes, or until tender.

TIP *Add dried herbs like oregano, rosemary, or thyme for extra flavour.*

2. WHISK THE EGGS

Crack **eggs** into a bowl, season with **salt and pepper**, and whisk until smooth.

TIP *Add 2 tbsp cream or milk for a creamier finish.*

3. BAKE THE FRITTATA

Transfer **roasted vegetables** to a greased oven dish. Dice or crumble in **feta** and pour over **whisked eggs**. Bake for 15 minutes or until just set in the centre.

TIP *Use a knife or skewer to check the middle – it should come out clean. Top with grated cheese before baking for a golden finish.*

4. FINISH AND SERVE

Allow **frittata** to cool slightly before slicing to serve.

TIP *You can serve alongside a fresh salad or with crusty bread. Add a relish or chutney.*

This recipe has simplified instructions to help lower your meal cost.