

MAKE THEIR MEALS COUNT



Pumpkin, pea & mushroom frittata

Ingredients serves 4

- ½ cup pumpkin, cut into 1cm pieces
- 2 tablespoons olive oil
- 1 cup button mushrooms, quartered
- 3 eggs
- ¼ cup reduced fat milk
- ½ cup parsley leaves, chopped
- ¼ cup reduced fat cheese, grated
- ½ cup frozen peas

Method

1. Heat oven to 180°C (fan forced).
2. Place a non-stick frying pan over high heat. Add olive oil plus pumpkin. Cook for 1–2 minutes and then add the mushrooms. Cook until the vegetables are soft. Remove from the pan.
3. Whisk eggs and milk together in a large bowl.
4. Mix through parsley, cheese, pumpkin and mushrooms.
5. Use spray oil to grease a muffin tray. Cut baking paper into large 5cm by 5cm pieces and line the greased muffin tray with the baking paper squares.
6. Spoon the mixture into the lined muffin tray.
7. Add peas into the mixture in the muffin tray.
8. Cook for 15–20 minutes in oven or until golden on top.