

Healthy spring vegetable and goat's cheese frittata

15m prep | 1h 15m cook | 6 servings ★★★★★ 16



Health Score*
MEDIUM

🔥 207 calories per serve

⚠️ **Allergens:** Recipe may contain egg, milk and lactose.

13 Ingredients

- 500g butternut **pumpkin**, peeled, deseeded, cut into 1.5cm pieces
- 1 large red capsicum, deseeded, cut into 1.5cm pieces
- 1 large red onion, cut into thin wedges
- 1 bunch asparagus, trimmed, cut into 1cm lengths
- 150g (1 cup) frozen green peas
- 75g soft goat's cheese, crumbled
- 8 eggs
- 2 tbsp milk
- 1/4 cup chopped fresh basil leaves, plus extra baby leaves, to serve
- 150g mixed cherry tomatoes, halved
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- Salad leaves, to serve

4 Method Steps

Step 1

Preheat oven to 200C/180C fan forced. Line a large baking tray with baking paper. Place pumpkin, capsicum and onion on prepared tray. Spray lightly with olive oil. Roast for 25-30 minutes or until golden and tender. Set aside to cool.

Step 2

Meanwhile, place asparagus and peas in a steamer basket over a saucepan of boiling water. Cover and steam until just tender. Refresh under cold running water. Drain well.

Step 3

Reserve 1 tbs goat's cheese. Place remaining goat's cheese in a large bowl with eggs, milk and basil. Whisk to combine. Season. Add all the roast vegetables and stir to combine.

Step 4

Reduce oven to 180°C/160°C fan forced. Line base and side of 20cm round cake pan with baking paper. Pour mixture into prepared pan, evenly distributing veg. Top with tomato, cut-side up, and seeds. Bake for 45 minutes or until puffed and firm. Set aside for 10 minutes to cool. Top with extra basil and reserved cheese. Serve with salad.

NUTRITIONAL INFORMATION

NUTRITION PER SERVING

%Daily Value#

Energy	868 kj (207cal)	10%	Zinc	1.8mg	15%
Protein	14.2g	28%	Phosphorus	260.9mg	26%
Total Fat	10.2g	15%	Vitamin A	2400µg	320%
Saturated	4.0g	17%	Vitamin C	51.7mg	129%
Cholesterol	0.2g	-	Thiamin B1	0mg	0%
Carbohydrate Total	16.2g	5%	Riboflavin B2	0mg	0%
Sugars	6.2g	7%	Niacin B3	2.3mg	23%
Dietary Fiber	4.4g	15%	Vitamin B6	0mg	0%
Sodium	176.5mg	8%	Folic Acid B9	105.1	53%
Calcium	114.1mg	14%	Vitamin B12	0.6µg	30%
Magnesium	60.6mg	19%	Vitamin D	1.3µg	13%
Potassium	587.9mg	-	Vitamin E	3.2mg	32%
Iron	3.4mg	28%	Vitamin K	30.1µg	38%

Nutrition information and Health Score does not include ingredients listed as to serve or any serving suggestions.

Nutrition information is calculated using an ingredient database and should be considered an estimate.

The % daily values indicates how much of a nutrient in a food serving contributes to a daily diet, based on general nutritional advice for a diet of 2100 calories a day.

* Health Scores are calculated on a 1-10 scale based on nutrient density and USDA (global standard) recommendations for a healthy diet. A higher Health Score indicates a healthier recipe. The value is based on the impact of macronutrients and micronutrients in the recipe.