

Sweet Potato & Blue Cheese Frittata

Ingredients

1 large, sweet potato
3 tablespoons olive oil
2 medium red onions
6 large free-range eggs
100g blue cheese
1 whole nutmeg, for grating

Method

Preheat the oven to 190°C/gas 5.

Rub the sweet potato with 1 tablespoon of oil and season with sea salt and black pepper. Bake for 40 minutes, or until cooked through. Remove and leave to cool.

Peel and finely slice the onions. Heat 1 tablespoon of oil in a 26cm ovenproof frying pan over a medium heat, add the onion, pop on the lid and cook for 20 minutes, or until soft. Leave to cool.

Whisk the eggs in a bowl. Crumble in the cheese, then add the onion, and scoops of sweet potato flesh, discarding the skin. Add a good grating of nutmeg, then season.

Wipe out the pan and coat with 1 tablespoon of oil, then add the egg mixture and fry over a medium heat until the eggs start to settle and cook.

Reduce the heat to low and cook for 3 more minutes, then transfer to the oven for 10 minutes, or until cooked through.

Delicious served with a seasonal salad.