



Baked frittata

Perfect for a weekend lunch or a make ahead dinner.



Time to prepare: 10 minutes



Time to cook: 60 minutes



Serves 4

Ingredients

- - 4 eggs
- - 1 cup milk
- - 1 tablespoon canola oil
- - 4 cups grated kumara
- - 3 leaves silverbeet, finely sliced
- - 1 onion, finely chopped

- - pepper to taste

Method

1. Beat eggs, milk and oil in a large bowl.
2. Add grated kumara, silverbeet and onion.
3. Mix well and put into an oven dish.
4. Bake at 180 degrees for 60 minutes until the mixture is set and golden brown.

Notes

Serve with a crunchy salad or steamed vegetables. `<iframe width="598" height="336" src="https://www.youtube.com/embed/KLZgn4s45qs?rel=0" frameborder="0" allowfullscreen></iframe>`

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Zucchini slice

A tasty slice that is good eaten hot or cold, this is perfect for a summer dinner and leftovers are great for lunch the next day.

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