

farro



HAM AND CHEESE FRITTATA BAKE

INGREDIENTS INCLUDED & PREP STEPS

2 tablespoons olive oil
1 onion, chopped
2 medium carrots, peeled and grated
2 zucchini, peeled and grated
1 medium orange kumara, peeled and grated
1 teaspoon salt
6 eggs
½ cup milk or cream
1 1/2 cups cheese (we used a mix of haloumi and tasty cheddar)
½-1 cup chopped ham
2 spring onions, sliced
½ cup herbs, shredded
½ cup self-raising flour

SERVES: 8

PREP TIME: 10 minutes

COOK TIME: 35 minutes

METHOD:

Preheat the oven to 180°C. Line a Swiss roll tin with baking paper and grease well.

Heat the olive oil in a fry pan, add the onion, carrot, zucchini, kumara and half the salt and fry gently for 10 mins or until soft. Remove and allow to cool slightly.

Meanwhile whisk the eggs in a large bowl with the milk, add the remaining salt, 1 cup of cheese, ham, spring onions and herbs. Add the cooled vegetables and sprinkle over the self-raising flour and mix well to combine.

Pour the mix into the prepared tin, top with the remaining cheese and bake for 25 mins. Cool in the tin for 10 mins before slicing.

You can also wrap each piece and freeze. Just pop straight into lunch boxes - they'll have defrosted by lunchtime.