

Roast Vegetable Frittata

aka leftover crustless tart

Serves 2 - 4

Ingredients

4 jumbo eggs

Dash of milk (optional)

Roasted vegetables

75 – 100 g cheddar, grated

A portion of creamed spinach (optional)

Choice of fresh herbs for garnishing

Salt and pepper

What to do

1. Heat the oven to 180°C.
2. Whisk together the eggs, milk if using and season with salt and pepper.
3. Layer the roasted vegetables (in large chunks or smaller pieces) across the bottom of an oven proof dish.
4. If using spinach, combine it with the egg mixture
5. Pour the egg mixture over the vegetables. Sprinkle the grated cheese over the top.
6. Bake in the oven for 20 minutes.
7. Turn the oven off and turn on the grill and leave under the grill until the top until golden brown – probably about 10 minutes.
8. Serve hot with your choice of side dishes.

Notes:

- The choice of vegetables is personal. My preference is for a combination of sweet vegetables, carrots, butternut and then onions, bell peppers, garlic and courgette. I will also roast cauliflower, but I keep it separate and often exclude it from the frittata because the strong brassica flavour seems to “contaminate” everything.
- This dish can also be served cold. It works well as a light lunch and or as part of a snack platter.

