

# Pumpkin, Spinach & Roast Capsicum Frittata

## Recipe

### Ingredients

- ½ Red capsicum, deseeded and sliced
- 4 Cups pumpkin, cubed
- 1 Medium fresh leek, chopped
- 1 Cup baby spinach
- 8 Eggs
- ½ Cup cooking cream
- 1 Tsp chicken-style vegetarian powder
- 1/3 Cup parmesan cheese, freshly shredded
- 1 Tbsp continental parsley, chopped
- 1 Tsp butter

### Instructions

Preheat oven at 130°C. Blanch pumpkin by boiling in a large pot for 5 minutes then plunging in cold water. Sauté leek in a pan for 10 minutes in butter. Whisk egg and cream together in a large bowl until well combined, then add in capsicum, pumpkin, leek and spinach. Pour the mixture into a large oven-proof non-stick pan. Sprinkle cheese and parsley evenly over the top.

Place pan in the oven at 130°C for 45 minutes until set.

Remove from the oven and allow to stand for a few minutes before serving.

Makes 8 serves.

*Gluten free, Nut free, Soy free.*