

SWEET POTATO & PEPPER FRITTATA

INGREDIENTS

- 1 large sweet potato – diced
- 1 onion – diced
- 1 red pepper – diced
- 1 yellow pepper – diced
- 1 handful of frozen peas
- 2 tbsp sweetcorn
- 4 eggs
- 2 tbsp cheese - grated
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp Oil
- Pepper to season



METHOD

- Blanch potato for approx 6-8 minutes
- In a frying pan, add oil and sweat off onion for 2 minutes
- Add peppers sweat off for further 4 minutes
- Add handful of frozen peas, sweetcorn and potato
- Add spices and herbs mix and remove from heat
- Whisk eggs and add grated cheese
- Pour eggs over vegetable mix
- Place in ovenproof dish and bake 100°C for 20 minutes until set.
- Serve with salad