

Butternut Squash & Feta Frittata



Ingredients:

225g peeled and cubed Butternut Squash
225g peeled and cubed Sweet Potato
6 medium Free-Range Eggs, beaten
2 Cloves Garlic, finely chopped
2 Red Chillies, deseeded and thinly sliced
100g Organic Greek Feta, crumbled
20g Parmesan, finely grated
50ml 50% Less Fat Crème Fraîche
1 tbsp Olive Oil
6-10 Fresh Sage Leaves
80g bag Sweet Herb Salad

Directions:

1. Preheat the oven to 180°C, fan 160°C, gas 4. Put the butternut squash and sweet potato in a bowl with a little water and cover loosely with cling film. Cook in the microwave for 5 minutes on high. Drain and tip into a large bowl. Add the eggs, garlic, chillies, feta, hard cheese and crème fraîche. Season with freshly ground black pepper and mix gently until everything is combined.
2. Heat the oil in a 20cm ovenproof frying pan and pour in the frittata mixture. Top with the sage leaves and cook over a medium-low heat for 10 minutes. Transfer to the oven and cook for a further 20 minutes.
3. Remove from the oven, slice into wedges and serve with the sweet herb salad and slices of ciabatta.

Nutrition:

Prep Time: 10 mins. **Cooking Time:** 35 mins

Each serving contains (serves 4):

429 cals, 22.5g fat, of which 9.6g saturated fat, 7.4g added sugar, 1.46g salt



For all the demo recipes visit:
www.uwe.ac.uk/cooking

Brought to you by
UWE Hospitality and Catering



Find us on
Facebook

