



Mini Frittata Bakes (makes 12)

You Will Need:

- 1 red onion, finely chopped
- 4 cloves of garlic, finely chopped
- 1 green bell pepper, finely chopped
- 1 courgette, finely cubed
- 2 potatoes cooked and cubed
- 2 Kumara, cooked and cubed
- 4 Eggs, lightly beaten
- $\frac{1}{4}$ cup of milk
- 1 cup of cheese, grated

- 1) Preheat oven to 180c/Gas 4 and lightly oil spray a 12-piece muffin tin
- 2) Over a medium heat, sauté onion, garlic, pepper and courgette until golden
- 3) Cube potatoes and kumara, toss in sautéed veg and mix well
- 4) Divide mixture into muffin bases
- 5) Whisk eggs and milk together, season with sea salt and pepper
- 6) Stir in grated cheese
- 7) Carefully pour the milk/egg mixture over the vegetables
- 8) Bake in oven for 30 mins until puffed and golden

Serve with Tomato, Basil and Cucumber salad

Be careful when cooking. Always get an adult to help!