



Recipe of the Week

PUMPKIN AND SPINACH FRITTATA

Ingredients

450 g peeled and cubed pumpkin
¼ cup grapeseed oil
1 tsp soy sauce
1 leek finely sliced
1 garlic clove crushed
190 g spinach
7 eggs
¼ cup cream
½ cup grated parmesan

Method

1. Put pumpkin in a big bowl, add 1 tab of the oil and the soy sauce and toss well. Put into a roasting dish and roast for 25 mins or till golden and tender.
2. Heat the remaining olive oil in a large pan, add the leek and cook until softened. Add the garlic and cook bit longer. Add the spinach and cook till just wilted.
3. Whisk the eggs with the cream and parmesan, season well.
4. Add the pumpkin and leek mixtures and pour into cooking oven dishes – individual or big.
5. Bake for about 35 mins at 160 until set.