

# Baked veg, feta & prosciutto frittata

\*serves 6 - 8

## Ingredients

4 tbsls extra virgin olive oil	100g prosciutto, very finely sliced
1 clove garlic, finely chopped	250g feta cheese
1 leek, finely chopped	12 eggs
500g baby spinach leaves	½ cup milk
½ head cauliflower	Salt & black pepper
½ butternut pumpkin	

## Method

**Step 1:** Pre-heat oven to 200°C. Peel and dice pumpkin into bit size pieces and chop cauliflower into small florets. Place veggies in a large rectangle baking dish with 2 tbsls olive oil and bake until soft and starting to brown.

**Step 2:** Meanwhile, fry leek with 1 tbsls olive oil until nice and soft, about 3-5 minutes. Blanch spinach by placing in a large pot of boiling water, leave for 45 seconds and then drain. Rinse with cold water and then squeeze out excess water once cool enough, roughly chop and mix with the garlic, 1 tbsls olive oil and a little salt and pepper.

**Step 3:** Once the pumpkin and cauliflower have started to brown, remove dish from oven and add the leek, chopped spinach and feta cheese (crumble over veggies).

**Step 4:** Place prosciutto on a baking tray and cook in oven until starting to curl and crisp. Once cool enough tear prosciutto and add to the baking dish with other ingredients. Now beat the eggs with milk and ½ teaspoon salt and pour over the veggies and prosciutto. Bake for around 40 minutes or until eggs set and golden brown on top

Serve with a garden salad & **ENJOY!**



*“changing the way you eat”*