Jerusalem artichoke & pumpkin frittata

Ingredients

100g pumpkin, peeled, cut into 3cm pieces
300g Jerusalem artichokes peeled and cut into 3 cm pieces
2 tablespoon olive oil
2 rashers of bacon cut into strips
5 eggs
1 garlic clove, crushed
Handful of herbs
Salt & freshly ground black pepper

Method

Step 1
Cook the pumpkin and Jerusalem artichokes in a large saucepan of salted boiling water for 5-6 minutes or until tender. Drain well.

Step 2
Heat oil in a non-stick frying pan over medium-high heat. Add the bacon and fry until slightly browned and the pumpkin and Jerusalem artichoke and cook, stirring occasionally, for 5-6 minutes or until golden.

Step 3
Preheat grill on high. Whisk together the eggs, herbs and garlic in a medium jug. Season with salt and pepper.

Step 4
Pour the egg mixture into the pan. Cook for 4-5 minutes or until frittata is set around the edge but still runny in the centre. Cook under preheated grill for 3-4 minutes or until golden brown and just set. Cut into wedges to serve.