Vegetable frittata

**Ingredients**

- 2 tablespoons of melted butter, to grease pan
- 400g pumpkin, peeled, thinly sliced
- 1 red capsicum sliced
- 20ml olive oil
- 1 cup coarsely grated cheddar
- 4 eggs, lightly whisked
- 150ml thickened cream
- 2 tablespoons finely chopped fresh continental parsley
- Salt & freshly ground black pepper
- 1 cup spinach

**Method**

Preheat oven to 180°C. Brush a round 24cm (base measurement) cake pan with melted butter to lightly grease.

Peel and slice pumpkin Place pumpkin in a steamer over a saucepan of simmering water (make sure base of steamer doesn't touch the water). Steam, covered, for 10 minutes or until tender. Or microwave on high for 5 minutes. Set aside to cool.

Cut capsicum into thin slices set aside.

Heat 2 tablespoons of oil into a frying pan and heat on high, place capsicum in it and cook until cooked and well caramelized. Place in a bowl.

While the frying pan is still hot place spinach in and cook until wilted.

Arrange pumpkin over base of pan. Sprinkle with 1/4 of cheddar. Top with capsicum and sprinkle the other 1/4 of cheddar. Top with spinach and sprinkle with remaining ¼ cheese.

Use a fork to whisk together the egg, cream and parsley in a bowl. Season with salt and pepper. Pour egg mixture over vegetables and sprinkle with remaining cheddar. Bake in oven for 3 until just set. Remove from oven. Set aside in pan for 10 minutes to cool. Turn onto a plate and cut into wedges to serve.