Pumpkin & Silver beet frittata

Ingredients

400g pumpkin, peeled, cut into 2cm pieces
1 tablespoon olive oil
80g silver beet leaves no stem
5 eggs
Handful of herbs
Salt & freshly ground black pepper

Method

Step 1
Cook the pumpkin in a large saucepan of 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 pumpkin and cook, stirring occasionally, for 4-5 minutes or until golden (you may need to add more oil). Reduce heat to medium. Add the silver beet leaves and cook, stirring occasionally, for 2 minutes or until spinach wilts.

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

Step 4
Pour the egg mixture into the pan. Cook for 4 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.