

Vegetarian frittata

Ingredients

8 eggs
300ml thickened cream
100g or more of grated cheese
1 small tub Riccotta Cheese
1/3 small pumpkin (diced and cooked)
1pkt frozen spinach (cooked in microwave)
1 sweet potatoe (thinly sliced and cooked)
2 zucchinis sliced (no need to pre-cook)
1 can of sweet corn

Method

After slicing/dicing and pre-cooking veges, layer all vegetables and Riccota cheese into a Lasagne style baking dish in the following order. Sweet potatoe, Zucchinni, Riccotta cheese, corn, spinach and pumpkin.

Beat 8 eggs and carton of cream with a whisk or electric beater until a little frothy. (may need a little more cream depending on size of dish. Pour mixture evenly over veges so that it almost covers them. Sprinkle grated cheese on top and season with salt and pepper if you wish. Bake in moderate oven for 40 mins or until frittata is set.

Serving suggestions

Slice up and serve as a meal or accompanying BBQ's and salads. Good cold also in school lunches. Can substitute your favourite veges of meats to make this recipe. Can cook in small pots for individual servings.

The following items needed editing:

- **order of ingredients in order of use**
- **correct spelling**
- **information about temperature**
- **spacing by paragraphing**
- **improving readability by reducing repetition**

Vegetarian frittata

Serves 4 / Prep 15 mins / Cook 50 mins

1 sweet potato, thinly sliced and cooked
2 zucchinis, sliced
1 small tub ricotta cheese
1 can of sweet corn
1 packet frozen spinach, cooked in microwave
1/3 small pumpkin, diced and cooked
8 eggs
300 ml thickened cream
100 g (or more) grated cheese
salt and pepper, to taste

Preheat oven to 180°C.

Layer all vegetables and ricotta cheese into a lasagne style baking dish in the following order: sweet potato, zucchini, ricotta cheese, corn, spinach and pumpkin.

Beat eggs and cream with a whisk or electric beater until a little frothy. Pour mixture evenly over veges so that it almost covers them. A little more cream may be needed, depending on the size of the dish. Sprinkle grated cheese on top and season with salt and pepper if you wish. Bake for 40 minutes or until frittata is set.

Serving suggestions

Slice up and serve as a meal or as an accompaniment to BBQs and salads. Good cold also in school lunches. Can substitute your favourite veges or meats to make this recipe. Can be cooked in small pots for individual servings.