

Vegetable Frittata Serves 2

Ingredients

1 medium	Kumara / potato (peel & diced)
1 medium	Onion, diced
½	Capsicum, chopped
2 large	Mushrooms
1 t	Paprika
1 t	Oil
4	Eggs, whisked
1-2 T	Milk
½ cup	Grated tasty cheese
2 T	Parsley, finely chopped
	Salt and pepper to season



Method

Cook Kumara/ potato in boiling water until tender. Drain well.

In a fry pan gently sauté in oil capsicum, mushrooms and paprika. Add cooked Kumara/ potato.

Whisk eggs and milk together in a bowl. Pour over vegetables in fry pan and return to element. Cook until the egg is set around the edges. Sprinkle over grated cheese.

Place under the grill oven until lightly browned and egg is cooked.

Tip: Serve with a fresh salad.