

# 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 the onion, capsicum, mushrooms and paprika in oil. 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.