

ROAST PARSNIP FRITTATAS

INGREDIENTS

- 2 cups roasted and diced parsnip
- 1 Tbsp oil
- 1 sprig rosemary chopped
- 1 red onion finely chopped
- 1 cup button mushrooms chopped
- 5 rashers streaky bacon chopped
- 1 red capsicum chopped
- 1 cup chopped vegetables eg. Broccoli
- 2 handfuls spinach
- 5 eggs
- 5 Tbsp milk
- 1 Tbsp whole grain mustard
- 1 tsp dried basil
- 1 cup cottage cheese
- Salt and Pepper



TURN OVER FOR FULL RECIPE ↩



METHOD

Pre heat oven to 180 degrees. Place parsnip, oil and rosemary in oven and roast until cooked.

In a separate pan fry off the onion, bacon, mushrooms, capsicum and vegetables until tender. Add spinach and wilt. Set aside.

In a medium bowl whisk eggs, milk, mustard, dried herbs, salt and pepper.

Add the roast parsnips and cottage cheese into the vegetables and mix through. Place the mixture into lined muffin trays, pour the egg mixture over top and return to the oven and cook for 20 minutes or until centre is cooked.

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