

VEGGIE PACKED FRITTATA

Serves 6 | Gluten + Dairy Free

Ingredients

2 zucchinis, diced thinly
2 carrots, diced thinly
1 tablespoon of coconut or olive oil
1 red onion, sliced
½ tablespoon balsamic vinegar
100g of ham or bacon, sliced
50g spinach, roughly chopped
8 eggs
200ml coconut cream, canned
Sea salt & pepper, to taste

Method

Preheat oven to 180°C and line a rectangle baking tray with baking paper. In a large bowl toss zucchini and carrot in half the oil. Season well and transfer to the baking tray. Cook for 15 minutes or until golden.

Heat a frypan over a medium heat and add remaining coconut oil. Add onion and balsamic vinegar and sauté for 3-5 minutes, or until softened. Add ham or bacon and sauté for a further 3 minutes, or until golden. Add spinach and stir until wilted.

Meanwhile, whisk eggs and coconut cream in a large bowl and stir through cooked onion mixture. Season to taste and transfer to the baking tray with the zucchini and carrot. Transfer to the oven, baking for 30-40 minutes, or until cooked through.

Serving suggestion

Top with mixed salad leaves, fresh lemon and sea salt.