

# Vegetable Frittata

Originally adapted from the Italian-style flat omelette, this dish is packed full of vegetables and a variety of flavours. The eggs offer a great source of protein and make this dish a great choice for your vegetarian days. Served with a mini bread roll, this is sure to satisfy hungry tummies.



**Influence: Italian**



Serves 10 children



65 minutes

## INGREDIENTS

Carrot, peeled, chopped 185g (2 medium)

Potato, peeled, chopped 125g (1 large)

Celery, chopped 100g (2-3 medium)

Zucchini, chopped 160g (1 ¼ C)

Onion, chopped 120g (1 large)

Garlic, chopped 10g (2 cloves)

Pumpkin, peeled, chopped 60g (¼ C)

Eggs, 60g size 600g (10 eggs)

Cheese, cheddar, grated 80g (4 T)

Pepper 1g (1 pinch)

Serve with

Bread roll (mini or ½ standard roll)

400g (10 dinner rolls)

## DIRECTIONS

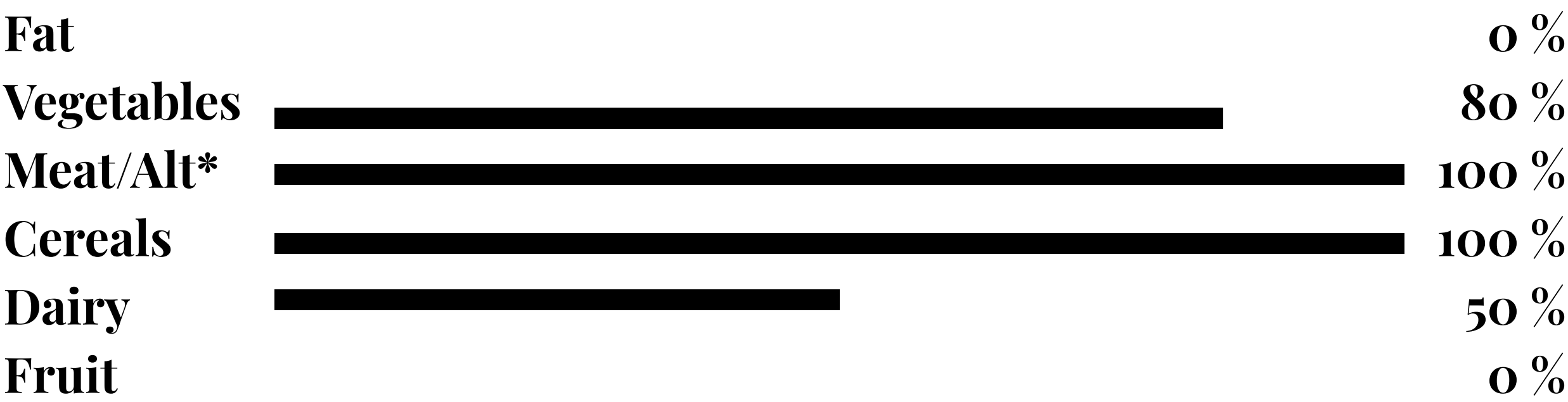
1. Preheat oven to 180°C.
2. Spray oven dish with oil spray.
3. Finley chop vegetables, par cook for 3 minutes in a pan of boiling water.
4. Drain vegetables and place vegetables in oven dish.
5. Mix the egg, pepper and ½ of the cheese together in a jug and pour over the vegetables.
6. Sprinkle remaining cheese over the top.
7. Bake for 45 minutes or firm to touch.
8. Serve with 40g of bread (1 mini roll or ½ standard roll).

# Allergy Information

Contains: egg, cow’s milk protein, wheat.  
As well as containing wheat, some breads contain cow’s milk protein and/or soy.  
Bread/bread roll contains gluten, wheat and may contain soy.

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## Childcare RDI Calculator:



\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services