Vegetable Frittata

Slice the sweet potato and carrot thinly, then give them a head start in the pan. They should be tender by the time the eggs set.



SERVES 3 AS A LIGHT MEAL / 20 CM BAKING DISH AND FRYING PAN

Prep 15 min · Cook 30–40 min

Ingredients

100 g each peeled sweet potato and carrot

100 g green beans, trimmed

100 g corn kernels, thawed if frozen

2 spring onions, thinly sliced

10 ml olive oil, plus a little for the dish

4 large eggs and 75 ml milk

75 g grated tasty cheddar

A pinch each of salt and black pepper

From pan to oven

1. Soften

Thinly slice the roots and cook in the pan with the beans. Add the corn at the end.

2. Fill

Spread the vegetables in the dish. Pour over the eggs and milk, then scatter on the spring onions and cheese.

3. Bake

Bake until golden and set right through to the middle. Rest before cutting.

KOOK'S SECRET

Slide a knife into a slice of carrot before you add the eggs. If it still crunches, give the vegetables another minute in the pan.

Vegetable Frittata

The full method

01 **Slice the vegetables**

Heat the oven to 180°C conventional (160°C fan). Grease a 20 cm round baking dish at least 4 cm deep. Slice the sweet potato and carrot 2–3 mm thick, halving any wide rounds. Cut the beans into 2 cm lengths.

02 **Soften in the pan**

Warm the oil over medium heat. Add the sweet potato and carrot with a splash of water. Cover for 4 minutes, then add the beans. Cook for 3–5 minutes until a knife slips into a carrot slice. Add the corn and stir uncovered until any water has evaporated.

03 **Add the eggs**

Spread the vegetables in the dish. Whisk the eggs, milk, salt and pepper with a fork and pour over. Nudge any high pieces down. Scatter the spring onions and cheese across the top.

04 **Bake and slice**

Bake for 22–30 minutes. The top should be golden and the egg in the centre set. A thermometer in the middle should read at least 71°C. Rest for 5 minutes, then cut into wedges.

FROM MARK'S KITCHEN

Let the cooked frittata stand for five minutes. A wedge will lift out cleanly and take the coloured layers with it.