



The Gathered Green

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SWEET POTATO & ASPARAGUS FRITTATA

Thank you to foodiful.com.au for this recipe and picture

Serves 4 as a side

Ingredients

- 1 kg sweet potato peeled, cut into 2cm pieces
- ¼ cup melted coconut oil
- Salt and pepper to taste
- 1 brown onion, thinly sliced
- 1 bunch asparagus, trimmed, cut into 2cm pieces
- 350 gram jar of marinated goats cheese, drained
- 1/3 cup toasted pinenuts (80 grams)
- 12 eggs lightly beaten
- 1/3 cup of Parmesan cheese
- 1/3 cup fresh basil leaves finely sliced
- Fresh herbs, to garnish





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Method

Grease a 19cm x 30cm lamington pan. Line base and sides with baking paper.

Place sweet potato on an oven tray. Drizzle with 2 tablespoons of oil. Season with salt and pepper. Toss to coat.

Cook in a hot oven (200 degrees Celsius) for about 30 minutes, turning once, or until just tender. Remove. Cool. Reduce oven to moderate (180 degrees Celsius).

Meanwhile, heat remaining oil in a large frying pan over medium heat. Add onion. Season with salt and pepper. Cook, stirring for about 7 minutes, or until soft. Remove from Pan. Set aside. Add asparagus to same pan with 2 tablespoons of water. Cook, stirring occasionally, for about 5 minutes, or until just soft. Remove.

Place sweet potato, onion and asparagus into the prepared pan. Top with feta and pinenuts.

Mix eggs, parmesan and basil in a jug. Season with salt and pepper. Pour mixture over vegetables in pan.

Cook in moderate oven (180 degrees Celsius) for about 40 minutes, or until egg mixture is set. Cool in pan.

To serve, cut frittata into squares and garnish with herbs.

Serve with a green salad if desired.

Enjoy!

Jane

