



**The Gathered Green**

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## **SWEET POTATO, CAPSICUM & EGGPLANT FRITTATA**

Thank you to themiddleofhere.com for the recipe and picture.

### **Ingredients**

- ¼ cup melted coconut oil or olive oil
- 1 medium sweet potato, peeled and sliced thinly
- 1 medium onion, halved and sliced thinly.
- 1 medium eggplant, quartered and sliced thinly
- 1 large red capsicum, quartered, deseeded, and sliced thinly
- 1 medium zucchini, sliced thinly
- 3 cloves garlic, peeled and minced
- ½ tsp salt flakes
- 9 free-range eggs, at room temperature
- 250ml plain yoghurt (optional)
- 100gm fetta, crumbled (optional)
- 2 tablespoons chopped oregano leaves
- Extra salt and pepper to taste.





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## Method

Heat oil in a large frying pan over medium-high heat. Add sweet potato and cook for a few minutes, tossing occasionally, until just tender. Add onion, eggplant, capsicum and zucchini, garlic and salt to frying pan. Cook for a further 8-10 minutes, tossing occasionally, until all vegetables have softened slightly and potatoes are golden.

Whisk the eggs, yoghurt, salt and pepper in a medium bowl. Add the fetta and stir. Pour the egg mixture over the vegetables in the frying pan. Reduce heat to medium-low and cook for 5-7 minutes or until the frittata is almost set, but the top is still runny.

Meanwhile, preheat grill on high. Place the frying pan under the grill and cook for 5 minutes or until the frittata is set and the top is lightly browned. Loosen the frittata with a spatula and slide onto a large plate or board. Season with salt and pepper.

Cut into wedges and serve with salad leaves drizzled with balsamic vinegar.

Enjoy!

Jane

