



# Easy Oven-Baked Frittata

SERVES: 4

## INGREDIENTS:

- 2 medium Sebago potatoes
- 2 tbs olive oil
- 1 red onion, chopped
- 70g pancetta, chopped
- 100g baby spinach
- 200g red grape tomatoes, halved
- 1 red capsicum, chopped
- 8 eggs
- ½ cup thickened cream
- ½ cup shredded parmesan cheese
- ¼ cup grated tasty cheese



## METHOD:

1. Preheat oven to 200°C. Lightly grease a 5cm-deep, 26cm x 16.5cm (base) ovenproof dish.
2. Pierce each potato 4 times with a bamboo skewer. Place in a heatproof, microwave-safe bowl. Microwave on high for 4 minutes or until tender. Allow to cool. Thinly slice
3. Meanwhile, heat oil in a non-stick frying pan over medium heat.
4. Add onion. Cook, stirring, for 3 minutes.
5. Add pancetta. Cook, stirring, for 3 to 4 minutes or until onion is tender and pancetta golden.
6. Add spinach. Cook for 1 minute or until spinach is just wilted
7. Combine onion mixture, tomatoes and capsicum in a bowl. Arrange half the potato, in a single layer, over prepared dish.
8. Top with half the onion mixture. Repeat with remaining potato and onion mixture
9. Whisk eggs and cream in a bowl. Gently pour egg mixture over vegetable mixture
10. Sprinkle with parmesan and tasty cheese.
11. Bake for 30-35 minutes or until egg mixture is set and top golden. Stand for 5 minutes
12. Serve