

Vegetable Frittata



An excellent light, tasty and very healthy meal.
Easy to prepare and cook.

Ingredients:

2 tablespoons of olive oil
1 large red onion coarsely chopped
3 cloves of garlic crushed
1 red capsicum finely sliced
1 green capsicum finely sliced
1 cup of diced potato
1 cup of diced golden sweet potato
1 cup of diced pumpkin
1 cup of finely chopped parsley
Baby spinach leaves
2 eggs beaten
Salt and pepper to taste.

Preparation time: 10 minutes

Simmering time on the stove top: 10 minutes after sauteing vegetables

Thermal Cooking time: 1/2 an hour minimum

Suitable: 2 people

This recipe is suitable for the 3 or 4.5 litre inner saucepans using the stainless steel Bain Marie or a suitable cake tin.

Note: when using the 3 litre saucepan make sure that you have the other saucepan filled with boiling water or another meal at the same time.

Method:

1. Heat the oil over a medium heat in the saucepan and saute the onions until soft.
2. Reduce the heat to low and add the garlic and capsicum and continue to saute for several minutes.
3. Add the potatoes and pumpkin and stir fry for several minutes.
4. Close the lid and cook over a slow heat for 8-10 minutes, stirring occasionally.
5. The vegetables should be almost cooked.
6. Stir through the baby spinach, parsley, salt and pepper.
7. Transfer this vegetable mix to the Bain Marie (or suitable cake tin).
8. Pour over the beaten eggs.
9. Make sure there is enough boiling water in the inner saucepan so that when the Bain Marie is placed inside it will be in contact with the water but will not float. (if using a cake tin, cover the top with the lid or foil)

and make sure the water level is 2/3 rds the way up the sides)

10. Bring the water back to the boil.

11. Turn down the heat and simmer with the saucepan lid on for 10 minutes.

12. Turn off the heat and transfer the saucepan into the vacuum insulated outer container.

13. Close the lid and leave for 30 minutes minimum.

14. Serve with a fresh tossed green salad of your choice.

Note:

You can use any assortment of vegetables in this dish.

Vegetables should be mostly cooked before adding the eggs to the mix.

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