



VEGETABLE FRITTATA

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 40 mins

Serves: 6

INGREDIENTS

- 3 tbsp coconut oil
- 1 cup spring onions, thinly sliced
- 1 cup capsicum, finely chopped
- 1 bunch asparagus, cut into 1 cm pieces
- 3 medium tomatoes
- 375g mushrooms, thinly sliced
- 1 tsp salt
- 1/4 tsp pepper
- 1 tsp smoked paprika
- 1 cup coconut cream
- 1/2 cup water
- 10 eggs

METHOD

- Preheat oven to 150°C (300°F)
- Grease a 25cm (10") square baking dish.
- In frying pan, heat oil and add salt, pepper and paprika. Fry 2 mins.
- Add capsicum and onions and fry for 10 mins.
- Add asparagus and fry 5 minutes.
- Add tomatoes and onions and fry 10 minutes while stirring.
- Transfer to baking dish (if not using already on stovetop)
- Combine eggs with water and coconut cream, and pour over vegetables.
- Bake in oven until set, approx 15 minutes.
- Allow to cool a little to firm up before serving.
- Can be eaten hot, or cold.

