



SALMON AND VEGETABLE FRITTATA

ALLERGIES:

No grains
No dairy
No gluten
No nuts

Prep time: 20 mins

Cook time: 75 mins

Serves: 10



INGREDIENTS

- 4 tbsp olive oil
- 2 large swedes, sliced ½ cm thick
- 3 carrots, diced
- 2 parsnips, diced
- 1 medium sweet potato, diced 1cm pieces
- 1 red onion, roughly chopped
- 1 large handful baby spinach leaves
- 100g smoked salmon slices
- 12 eggs
- 1 cup water
- 1-2 tbsp parsley, finely chopped
- salt and pepper
- vegan grated cheese (optional)

METHOD

- In large jug or bowl, whisk eggs, water, salt, pepper and parsley.
- Place roast swede onto the base of a large baking pan 25cm x 30cm approx. (I use my dish from roasting the vegetables)
- Lay smoked salmon slices over swedes, and spread spinach leaves on top.
- Sprinkle vegetables over and then pour egg mixture over the top.
- Sprinkle with vegan cheese, if desired.
- Bake in oven for 45 minutes, until firm when pan is shaken gently.
- Serve hot or cold, with salad or cut into small slices as finger food.