



CHICKEN, TURNIP AND SUN DRIED TOMATO FRITTATA

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 50 mins

Serves: 6

INGREDIENTS

- 1 large turnip, cut into 1cm cubes
- 2 tbsp olive oil
- 1 tsp garlic, minced
- 1 onion, finely diced
- 2 cups diced cooked chicken
- 1 small head broccoli florets
- Fresh black pepper
- 1 tsp pink rock salt
- 10 eggs
- 1 cup coconut milk (full fat)
- 1/4 cup parsley, finely chopped
- 1/4 cup dill, finely chopped
- 1/2 cup sun-dried tomato strips
- 1 cup dairy free cheese (optional)

METHOD

- Preheat oven to 180°C
- Place turnip into a jug, add 1/2 a cup of water and microwave on high for 5 minutes.
- Heat the oil in a pan on medium high and add garlic and onion, cook 4 minutes.
- Add the cooked water and turnip to the pan and cook for another 6 minutes.
- Add chicken, broccoli florets and salt and pepper and cook for 2 minutes.
- Crack eggs into a bowl, add milk, parsley and dill and whisk.
- Transfer chicken mixture evenly onto the base of a baking dish, pour egg mixture over the top and sprinkle with cheese (if using) and tomato strips.
- Bake for 20-30 minutes, until set. Remove from oven and stand for 10 minutes.
- Serve and Enjoy!

