



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 40-60 mins

Serves: 6

INGREDIENTS

- 1/2 cup olive oil
- 2 cups pumpkin, chopped 2cm pieces
- 2 large carrots, sliced 1.5cm pieces
- 1 turnip, chopped 1.5cm pieces
- 1 swede, chopped 1.5cm pieces
- 5 spring onions, finely sliced
- 2 tsp crushed garlic
- 1 tsp crushed ginger
- 2 large handfuls baby spinach leaves
- 2 tbsp coconut amines
- 1 cup water
- 10 large eggs
- 1 x 400g can creamed corn

METHOD

- Heat oven to 190°C and line a large oven dish with baking paper.
- Pour half the oil into the oven dish and add pumpkin, carrots, turnip and swede.
- Roast for 20-30 minutes, turning to brown vegetables, remove from oven.
- In a large frying pan, heat the remaining oil to medium high and add onions, garlic and ginger.
- Cook for 5-6 minutes to sauté, then add spinach leaves and coconut amines.
- Cook a further few minutes, remove from heat.
- When the vegetables are roasted, add the onion and spinach mix over the top.
- In a jug whisk the eggs, water and corn and pour over vegetable mix.
- Top with vegan grated cheese.
- Reduce oven temperature to 160°C and bake for 20-30 minutes until set.
- Serve alone, or with fish or meat of your choice.

ROAST **VEGETABLE AND** **CORN FRITTATA**

