

PUMPKIN & BOCCOCINI FRITTATA

Gluten Free, Dairy Containing, Moderate Salicylate & Amine

Serves 4-6 people

Ingredients

½ Leek
1 clove garlic
2 cups x 1 cm diced Butternut pumpkin
2 small Bok Choy
250g ricotta cheese (preservative free)
150g Cherry Boccocini
5 eggs
Milk
Allowed oil
Salt to taste
Oven dish for approx 6 cup capacity



Method:

- Preheat the oven to 200°C
- Peel the pumpkin and cut into small squares
- Microwave, boil or steam them until just soft
- Wash the trimmed leek and slice thinly
- Peel and crush the garlic
- Heat the oil in the frying pan and add the leek and garlic
- Cook about 5 minutes, stirring periodically, until the leek is translucent
- Cut the Boccocini in half
- Wash and cut the Bok Choy into small pieces
- Crack the eggs into a separate bowl
- Add the ricotta cheese and beat them gently together
- Add enough milk to make 3 cups of mixture
- Brush the oven dish with oil and spread the leek mixture over the bottom
- Evenly spread the pumpkin, Bok choy and Boccocini on top of that
- Gently pour the egg mixture over the vegetables and sprinkle salt on top
- Bake in the oven for about 45 minutes.....or until set
- Remove from oven to cool
- Portion into suitable meal sizes.
- Is suitable to freeze

Serving suggestions:

Serve with allowed salad items or vegetables

Eat it as breakfast, lunch or in between meal snacks

Put left overs into takeaway containers to have for school or work lunches

It could be eaten cold, or re-heated