

Sweet Potato Frittata

Serves: 1

Prep time: 15 Minutes

Cooking time: 40 - 45 Minutes

Ingredients:

- 150g sweet potato, sliced thinly lengthways
- 1 tablespoon oil
- spray oil
- 2 tablespoons sliced onion
- ¼ cup of roughly chopped baby spinach
- 2 eggs
- 2 tablespoons grated parmesan cheese
- 2 tablespoons thick cream
- 1 tablespoon chopped chives
- 1 tablespoon chopped dill
- **Sprigs of fresh dill for garnish**



*Just love these mini loaf frittatas
Perfect when Cooking for One*

Method:

- **Preheat oven 200°**
- Spray a baking tray with oil, line it with paper and place the sweet potato flat on the tray and spray with oil
- Roast in oven for 10-15 minutes, until fork tender, remove from the oven and cool
- Meanwhile, heat oil in a medium-size pan over medium heat
- Add onions, stir and cook for 2-3 minutes
- Add the spinach and toss through
- In a bowl, beat the eggs and cream together. Add the parmesan, chives and dill and stir
- Spray the mini frittata loaf tin with oil and line with baking paper
- Stand the sweet potato slices up in the tin, sprinkle the spinach and onion evenly between the sweet potato
- Gently pour the egg mixture over the vegetables
- Bake in preheated oven for 30-35 minutes or until cooked through, insert a skewer, remove if not sticky its cooked, otherwise cook for a further 5 minutes and retest
- Sprinkle with dill, Serve and enjoy
- **Note:** My mini frittata loaf is only the length of my hand.
- You could use a small ovenproof dish similar in size
- Frittatas are great served hot or cold and will keep for a few days in the refrigerator