

# Sweet potato and feta frittata



 Serves: 4    Prep: 10 minutes    Cook: 45 minutes    Stack Cup

Metric

Imperial

 Feedback

## ingredients

6 eggs

1/2 cup lactose free milk

125 g

Feta

100 g

1 cup chopped sweet potato

	<b>120 g</b>
1/2 zucchini, grated	<b>65 g</b>
1 cup spinach, loosely packed	<b>30 g</b>
Paprika (or spice of choice)	
Rosemary (or herb of choice)	

## Method

### Step 1

Preheat oven to 180 celcius/355 farenheit and prepare a 20cm pan lined with baking paper.

### Step 2

Add chopped sweet potato to a microwave safe bowl and microwave for 1-2 minutes until slightly softened.

### Step 3

Add sweet potato, feta, zucchini and spinach to the prepared pan.

### Step 4

Whisk together eggs, milk, paprika and rosemary and pour into the pan over the vegetable mix.

### Step 5

Bake for 45 minutes.