



WINE AND OLIVE ESTATE

## BUTTERNUT, SPINACH AND FETA FRITTATA

*RECIPE 29/98*

### **What you will need:**

500g butternut, cut into cubes

60ml **Morgenster Extra Virgin Olive Oil**

salt and pepper

1 onion, finely chopped

200g packet of baby spinach

50g feta, cubed

8 eggs

60-80ml milk

250ml grated cheddar cheese

salt and pepper

### **How to prepare:**

Preheat the oven to 180°C.

Place the butternut on a baking tray, drizzle with half the oil and sprinkle with salt and pepper.

Roast for 15 to 20 minutes, until tender.

Remove and set aside.

Then turn the oven on to grill.

Meanwhile, heat the remaining oil in an ovenproof frying pan, fry the onion until soft.

Add the spinach and cook for 1 minute, until just wilted.

Remove pan from the heat and arrange the butternut and feta cheese on the spinach.

Whisk together the eggs, milk, grated cheese and seasoning.

Pour over the butternut, spinach mixture.

Return pan to a medium heat and cook for 5 to 10 minutes, until the bottom of the frittata is cooked.

Then place pan under the grill and cook the top for a few minutes, until golden.

Remove and slice into wedges.

The frittata can be served hot or cold.

Recipe supplied by The Star, Angela Day.