

VEGETABLE FRITTATA LOWFODMAP

4 portions

INGREDIENTS

- 1 average portion of sweet potato, raw [150 g]
- 2 tablespoons of oil, olive [22 g]
- 1 teaspoon of paprika [3 g]
- 300 grams of broccoli, raw
- 20 grams of chives, fresh
- 300 grams of courgette, raw, gratted
- 5 eggs, chicken, whole, raw
- 2 tablespoons lactose free milk
- 1 large sprig of parsley, fresh [1 g]
- 5 leaves of basil, fresh [3 g]
- 1 level teaspoon of salt [5 g]
- 1 level teaspoon of pepper, black [2 g]

COOKING METHOD

- 1° Preheat oven to 180°C/356°F. Toss sweet potato in half of the oil and paprika, place on lined baking tray. Roast in oven for 45 minutes or until tender.
- 2° Heat the remaining oil in a large 22cm ovenproof frying pan over medium heat. Sauté the broccoli stirring occasionally until charred. Add courgette; cook for 2 minutes or until softened. Remove from heat.
- 3° Combine eggs, milk and mixed herbs in a food processor. Process until herbs are finely chopped and egg mixture is fluffy.
- 4° Once cooked, add the roasted sweet potato to the broccoli mixture within the frying pan, and turn heat back to medium. Add the egg mixture to the frying pan and stir until well combined. Sprinkle with chives and season with salt and pepper. Reduce heat to low and cook for 8 minutes or until the egg mixture has mostly set.
- 5° In the meantime, preheat the grill on high. Place the frying pan under the grill and grill until golden brown and egg mixture is set.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [266 g]	% DRI
ENERGY	79 kcal	210 kcal	11 %
PROTEIN	5 g	12 g	24 %
CARBOHYDRATE	6 g	16 g	6 %
SUGARS	3 g	8 g	8 %
FAT	5 g	12 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
FIBER	1 g	2 g	10 %
SODIUM	239 mg	636 mg	27 %