



ASPARAGUS, SWEET POTATO AND CHICKEN FRITTATA

3 portions

INGREDIENTS

- 6 asparagus stalks, chopped (120 g)
- 1 zucchini, grated (323 g)
- 1 brown onion, diced (150 g)
- 3 cups, of sweet potato, chopped (399 g)
- 300 grams of chicken, chopped
- 6 eggs, (300 g)
- 1 tbsp olive oil (14 g)
- 3 cloves of garlic, crushed (9 g)

COOKING METHOD

- 1° Preheat oven to 180 degrees and line a deep baking dish with baking paper
- 2° Preheat oven to 180 degrees and line a deep baking dish with baking paper
- 3° Heat olive oil in a non-stick fry pan over low heat and sauté the onion, zucchini, sweet potato and asparagus for 5 minutes, stirring occasionally. Remove from heat and set aside
- 4° Meanwhile beat the eggs in a large bowl and mix through the chicken, vegetable mix and garlic. Season with salt and pepper
- 5° Pour the egg mixture into the baking dish. Bake in the oven for 45 minutes or until cooked in the middle
- 6° Divide the frittata into 3 serves

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (538 g)	% DRI
ENERGY	87 kcal	468 kcal	23 %
FAT	3 g	17 g	26 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	22 %
CHOLESTEROL	83 mg	445 mg	148 %
SODIUM	51 mg	272 mg	11 %
CARBOHYDRATE	7 g	38 g	13 %
SUGARS	2 g	12 g	—
FIBER	1 g	7 g	27 %
PROTEIN	7 g	40 g	—