

# Asparagus & Feta Frittata

This delicious summer recipe has been developed by ABC Nutrition's Angela Berrill, a provider for Active+. The frittata is a perfect summer dish.



## INGREDIENTS:

- 1 bunch asparagus, sliced
- 6 eggs
- ½ cup crumbled feta
- ½ cup grated cheese
- 1 cup cooked pumpkin, cut into bite-sized pieces (can use potato or kumara in place of pumpkin or a combination)
- 1 cup freshly chopped mixed soft herbs (coriander, parsley, basil)
- 1/2 tablespoon olive oil

## METHOD:

- 1 Preheat the grill.
- 2 Beat the eggs in a large bowl. Add the feta, pumpkin and herbs. Season with salt and freshly ground black pepper.
- 3 Heat the oil in a large frying pan over a high heat and fry the asparagus for 1 minute, until starting to colour (don't be tempted to overcook at this stage). Turn down the heat, then add the egg mixture and cook gently for 5-6 minutes, until the base is set.
- 4 Sprinkle over the grated cheese, then put the frying pan under the grill and cook the frittata for 3-5 minutes until set and golden.
- 5 Serve with a side salad.

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## NUTRITION CHECKLIST

- ✓ good source of veggies for vitamins, minerals, antioxidants and fibre
  - ✓ good source of folate. Folate helps to reduce the risk of Neural Tube Defects (NTDs) and is an essential nutrient during pregnancy
  - ✓ good source of protein from eggs and dairy to help support growth and development
  - ✓ source of calcium from cheese and milk for building strong bones
  - ✓ good source of energy to help keep you powering through the day
  - ✓ vegetarian-friendly
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