



# Low FODMAP Vegetable Frittata

Serves: 4

Prep: 10 minutes

Cook: 1 hour, 15 minutes



Ingredients	Metric	Imperial
½ medium sweet potato, cubed	150 g	5.3 oz
2 tbsp olive oil	36 g	1.3 oz
1 tsp paprika	2 g	0.07 oz
3 spring onions, green tops only, sliced	15 g	0.5 oz
Broccoli florets, chopped	300 g	10.6 oz
1 zucchini, grated	300 g	10.6 oz
5 eggs	290 g	10.2 oz
2 tbsp lactose-free milk or other low FODMAP milk alternative	40 g	1.4 oz
½ cup mixed herbs e.g. basil and parsley	8 g	0.3 oz
¼ cup chives	8 g	0.3 oz
¼ cup Danish fetta	55 g	1.9 oz
Salt and pepper, to taste		

## 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 spring onion and once softened, add the broccoli stirring occasionally until charred. Add zucchini; 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 in the frying pan, and turn heat back to medium. Add the egg mixture to the frying pan and stir until well combined. Sprinkle with fetta and 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.

## Hints

- Serve with one of our low FODMAP salads for the perfect meal.

Nutrition Information (per serve)	
Energy	1791 Kj / 428 cal
Protein	13.60g
Carbohydrates	11.80g
Sugar	3.00g
Total Fat	35.00g
Saturated Fat	6.30g
Fibre	6.60g