



## PUMPKIN & BLUE CHEESE FRITTATA



Easy



30 minutes



3 Pantry Items\*



Vegetarian



Gluten Free

Ingredients	1p	2ppl	4ppl
butternut pumpkin	170g	320g	600g
blue cheese	50g	90g	130g
free range eggs	3	6	9
crème fraiche	200ml	400ml	600ml
sage	1 sprig	2 sprigs	3 sprigs
garlic	1 clove	1 clove	1 clove
mozzarella	30g	90g	120g
rocket leaves	1 cup	2 cups	2 cups
pear	1	1	2
parmesan	40g	60g	90g
olive oil*	5 tbs	5 tbs	5 tbs
salt and pepper*	to taste	to taste	to taste



# PUMPKIN & BLUE CHEESE FRITTATA

Please refer back to ingredient list for the quantities needed when cooking.

1. Pre-heat oven to 175 degrees C. Pick the sage leaves off, then chop finely. Thinly slice the pear lengthways. Cut the skin off the pumpkin, chop into 3 cm cubes. Place pumpkin on a lined baking tray and coat in 2 tbs of olive oil. Place the tray in the oven and cook the pumpkin until lightly coloured and soft.

2. Crush garlic, grate the parmesan and crumble the blue cheese on a chopping board. Beat the eggs in a bowl with whisk or fork. Add the crème fraiche, garlic, sage, salt and pepper and mix together.



3. Place a non-stick frypan on the stove on a medium heat. Remove pumpkin from the oven. Combine the pumpkin and the egg mix in a mixing bowl and stir well. Add 2 tbs of oil to the frypan then add the egg and pumpkin mix, sprinkle with blue cheese and cook for 2 mins.

4. Transfer the frypan to the oven. Bake for 15 minutes. Carefully remove the frypan from the oven being mindful of the hot handle and sprinkle the mozzarella over the top. Return to the oven for 5 minutes.

5. Combine rocket and grated parmesan and pear in a bowl. Season with salt and pepper and a dash of olive oil.

6. Remove the frittata from the oven. Using a spatula, ease the frittata away from the sides of the frypan and transfer to a plate. Serve with the salad on the side.



## UTENSILS:

You will need:  
1 x Oven proof frypan  
1 x Baking Tray  
1 x Sharp Knife  
1 x Whisk  
1 x Mixing Bowl  
1 x Spatula  
1 x Grater  
1 x Chopping Board

## TIPS:

If you find the flavour of blue cheese too strong, simply reduce the amount you use in your frittata.

## NUTRITION:

Servings 1		
Serving Size 400g		
	Ave Qty	Ave Qty
	per Serving	per 100g
Energy		
Protein		
Fat, Total		
- Saturated		
Carbohydrate		
- Sugars		
Sodium		

## SHARE:

Share your meal with us, tag #TFK



THOMASFARMS.KITCHEN

Ingredients portion assumes for 1 person. For more than 1 person multiply ingredients accordingly. Refer to website for T&C's.