

# Winter Vegetable Frittata

## Ingredients

- 1 tbsp olive oil
- 4 Rashers of bacon, chopped
- 1 red capsicum, chopped
- 1 green capsicum, chopped
- 1 punnet of mushrooms, sliced
- 2 grated carrots
- 2 grated zucchinis
- 1 cup of grated tasty cheese
- 5 eggs
- 1 tbsp of plain flour



# HEAL

HEALTHY EASY ACCESSIBLE LOCAL

## FOODS

## Method

### Step 1.

Preheat oven to 190. Heat oil in a large frypan. Add chopped bacon, capsicums and mushrooms. Cook until the capsicum has softened and the bacon and mushroom have been browned slightly. Remove from heat and add to a large bowl.

### Step 2.

Add grated carrot, zucchini, cheese eggs and flour to the bowl with the cooked ingredients and mix well.

Season to taste.

### Step 3.

Grease a 45cm x 20 cm rectangle baking dish. Add mixture to the dish and bake for 30 mins until top is golden brown.

Serves 6