Mrs Parker’s
Roasted Pumpkin and Leek Frittata
with Rocket Salad

Season: Autumn/Winter
Type: Main
Difficulty: Medium
Serves: 6 or 20 tastes
Fresh from the garden: pumpkin, leeks, rocket, shallots
Recipe source: taste.com

Equipment:
Knives
Chopping boards
Tablespoon
½ cup
Bowl
whisk
Baking tray
Baking paper
Frypans 2
Wooden spoon
Salad spinner

Ingredients:
1 small butternut pumpkin
2 tablespoons olive oil
4 leeks, white part only
8 eggs
½ cup cream
½ cup parmesan
Bunch rocket, washed and roughly torn
2 shallots, sliced thinly
1 tablespoon red wine vinegar
2 tablespoons pepitas, toasted

What to do

- Pre-heat oven to 200°C
- Peel pumpkin and cut into small cubes
- Line an oven tray with baking paper.
- Place the pumpkin on the lined tray and drizzle with 2 teaspoons of the oil
- Season with salt and pepper.
- Bake in preheated oven until tender.
- Slice leeks finely
- Heat 2 teaspoons of the remaining oil in a frying pan over medium heat.
- Add the leek and cook, stirring occasionally, for 5 minutes or until leek softens.
- Add the pumpkin and stir to combine.
- Meanwhile, preheat a grill on medium.
- Whisk the eggs and cream together in a medium bowl.
• Season with salt and pepper.
• Pour the egg mixture over the pumpkin mixture.
• Reduce heat to low.
• Cook for until frittata is set around the edges.
• Sprinkle with parmesan and cook under preheated grill until golden brown and just set.
• Remove from grill.
• Combine the rocket and shallots in a bowl.
• Drizzle with vinegar and remaining oil and gently toss to combine.
• Sprinkle with toasted pepitas.