

# Jerusalem artichoke & pumpkin frittata



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Serves: 4  
Preparation: 20 minutes  
Cooking: 40 minutes

2 tbs olive oil (+ extra for greasing)  
1 kg butternut pumpkin, peeled and cut into 2cm cubes  
400g Jerusalem artichokes, scrubbed and cut into 2cm cubes  
1/2 cup water

6 large eggs  
1/3 cup cream  
2/3 cup grated parmesan  
2 tbs thyme leaves  
salt and ground black pepper

1. Preheat oven to 180°C. Grease a deep 22cm square baking dish or 25cm pie plate with oil.
2. Heat oil in a large frying pan over medium-high heat. Add pumpkin and artichokes to pan and cook, stirring occasionally, for 4–5 minutes or until vegetables just soften. Add water, cover and cook, stirring occasionally, for 10 minutes or until vegetables are tender. Remove, drain and spoon vegetables into prepared dish.
3. Whisk eggs, cream, parmesan and thyme together in a medium bowl. Season with salt and pepper to taste. Pour egg mixture evenly over vegetables. Bake for 35–40 minutes or until set. Slice and serve with salad greens, if desired.

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*Supplying quality fresh fruit & vegetables*

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