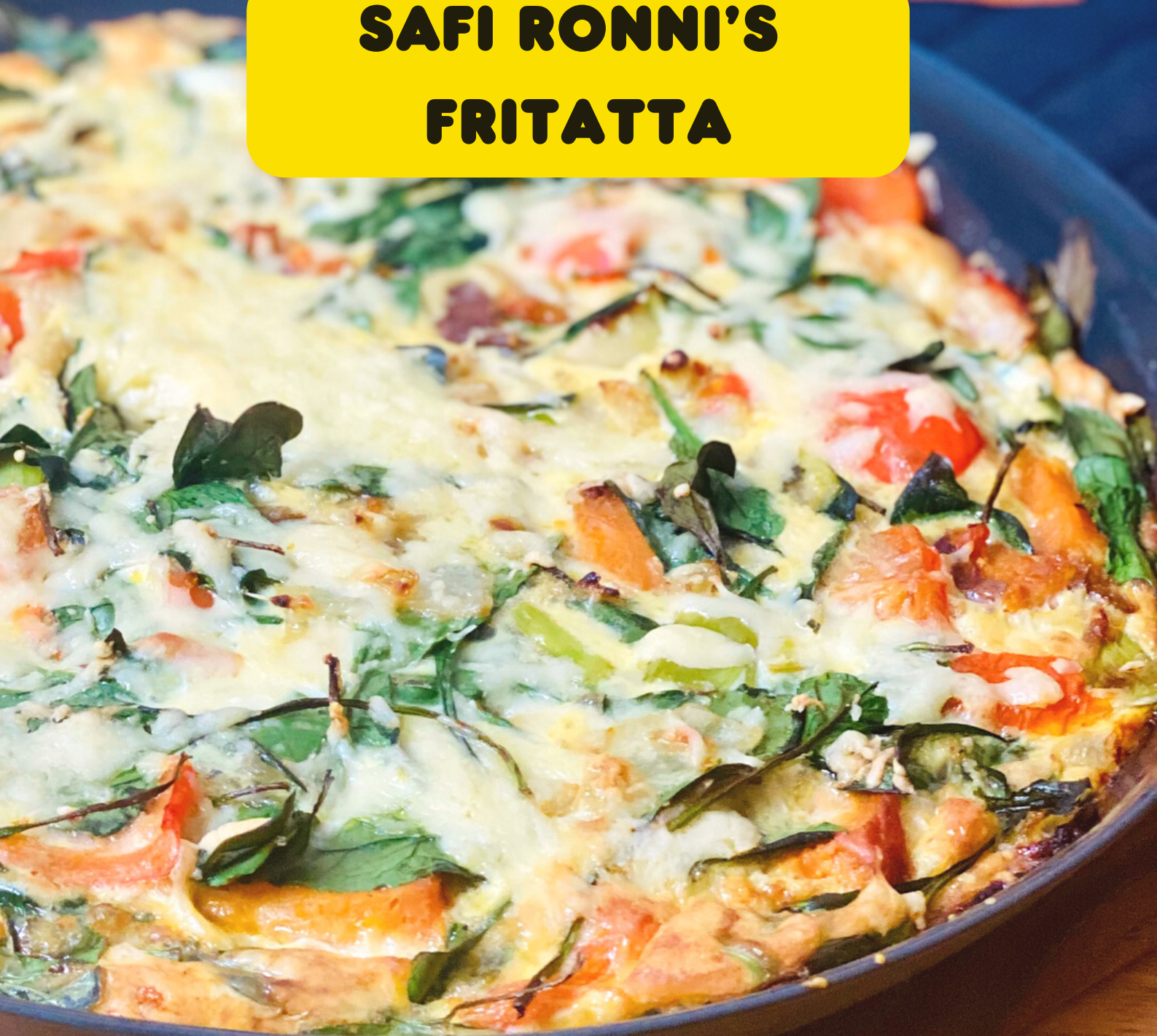


**USE
IT UP™**

**LIKE YOUR
GRANNY!**



**SAFI RONNI'S
FRITATTA**



SAFI RONNI'S FRITATTA

A Recipe by Ronni Kahn



Prep time



Cook time



Serves



NEED

Any vegetables
you have.

Ronni uses:

1 capsicum,
1 carrot,

1 sweet
potato cooked

1 onion

2 cups baby
spinach

Spring onion
(optional)

12 eggs

1/2 cup milk

1/2 cup cheese

2 tbsp oil

Salt to taste

OzHarvest founder Ronni (or Safi as she's known to her six grandkids!) shares her delicious Use It Up Frittata recipe using up leftover sweet potato and vegetables from her fridge. This recipe is sure to be a crowd pleaser!

HOW

1. Grate carrot and chop capsicum, spring onion, onion and sweet potato into roughly 1cm cubes.
2. Whisk eggs together with milk and season with salt.
3. Heat a frying pan on medium - high heat, add oil to the pan, then cook onion, spring onion and capsicum until golden.
4. Place all cooked veggies in a heatproof dish alongside carrot and baby spinach then cover with egg and milk mixture.
5. Top with cheese and cook in the oven at 180 degrees celsius for 25 minutes.



**SAVE FOOD.
SAVE MONEY.
SAVE THE PLANET.**