

Cheesy squash frittata



DYNAMIX
HEALTH & FITNESS

1 tsp coconut oil or olive oil, plus extra for greasing dish

250g butternut squash flesh, cut into small cubes or spiralised into thin noodles

1 small white onion, finely chopped

6 large eggs

a pinch of sea salt and ground black pepper

1 tsp dried thyme

30g Parmesan cheese, grated

SERVES 4

Preheat oven to 180°C/350°F. Lightly grease the base and sides of an ovenproof dish (approximately 18 x 18 cm).

Heat the oil in a frying pan over a medium heat. Add the squash and onion. If using squash noodles, use a fork to gently separate the squash strands.

Cook for 5-6 minutes, stirring occasionally, until the squash is tender. Transfer the squash and onion to the ovenproof dish.

Beat the eggs in a jug. Season with salt, pepper and thyme and stir well. Pour the egg mixture over the vegetables, ensuring they are covered well. Sprinkle on the Parmesan cheese.

Bake for 18-20 minutes, or until just set. Cut into four pieces and remove using a fish slice. Serve hot or cold.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER SERVING:
212 Calories
12g Carbs
14g Protein
12g Fat

