

# Sweet Potato Frittata

This delicious frittata is the perfect summer dish and can be served warm or cold. Serve with a side salad and enjoy for breakfast or lunch.

NB: Suitable for both TM5 and TM31

Active Time: 15 min

Total Time: 50 min

Serves: 6

## Ingredients

100 g cheddar cheese  
100 g red onion  
1 cm ginger  
10 g olive oil  
200 g zucchini/baby marrow, roughly chopped  
400 g sweet potato, roughly chopped  
6 eggs  
1 tsp salt  
50 g feta cheese  
20 g pumpkin seeds (optional)



## Method

1. Preheat oven to 180°C. Line a square baking dish (25 cm) with baking paper and set aside.
2. Place Cheddar cheese in mixing bowl and grind **10 sec/speed 5**. Empty in a bowl and set aside.
3. Place onion, ginger and olive oil into mixing bowl and chop **3 sec/speed 7**. Scrape down the sides of the mixing bowl with the spatula then cook **3 min/100°C /speed 1**.
4. Add baby marrow and sweet potato and chop **4 sec/speed 5**.
5. Scrape down the sides of mixing bowl with the spatula, then cook **3 min/100°C/reverse/speed soft**. Transfer mixture into prepared baking dish and spread out evenly.
6. Without cleaning the bowl, add eggs and salt and beat **10 sec/speed 4**. Transfer into the baking dish with the sweet potato and baby marrow mixture and gently mix through with spatula until evenly combined. Sprinkle with cheddar cheese, crumble the feta cheese on top and sprinkle with pumpkin seeds (optional).
7. Bake for 30-35 minutes (180°C) or until golden on top. Allow frittata to cool in the baking dish for 15 minutes and serve warm or place into refrigerator to cool completely and serve cold.

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*This recipe is part of a Lunchbox recipe collection sent through by Anthie Petrou at Thermomix UAE. The recipes have all been adapted from Cookidoo UK, Australia and Steaming Hot cookbook*

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