

Squash, Pea & Feta Frittatinis



Makes 8 Prep 20 mins Cooking 30mins + cooling Easy

Ingredients

200g butternut squash, peeled, deseeded and chopped into small pieces
25g frozen peas
100g feta, crumbled
6 large eggs

non-stick greaseproof paper or baking parchment.

1. Heat oven to 200C/ 180C fan/gas 6. Put the butternut squash in a bowl, cover with cling film and cook in the microwave on High for 5 mins until tender. Meanwhile, line 8 holes of a muffin tin with squares of baking parchment. allow a little overhang at the top as the frittatinis will puff up. I used muffin cups and the egg stuck to the paper.
2. Divide the squash, peas and feta between the lined muffin holes - they should be quite full. Beat the eggs in a jug with some seasoning, then pour into the muffin holes. Put the tin in the centre of the oven and bake for 25 - 30 mins. Leave to cool for about 15 mins before packing into a cooler bag for transporting, or chill for up to 24 hrs.