

Sweet Potato & Broccoli Frittata



Serves 2 Prep 5 mins

Cooking 15 mins

Easy

Ingredients

1 sweet potato, peeled and cut into small cubes

½ head broccoli, cut into small florets

olive oil

2 eggs, beaten

50g soft goat's cheese

salad to serve

1. Cook the sweet potato in boiling water for about 8-10 minutes until it is tender, adding the broccoli for the last 5 minutes. Drain well. Heat a little oil in a small, deep frying pan and add the sweet potato and broccoli. Toss together then spread the vegetables in an even layer in the frying pan and pour on the egg. Cook until the bottom is set and then dot with the goat's cheese and grill very briefly until just set.
2. Serve with salad, or in a wholemeal pitta bread with salad.